

July - August 2020 LVAL CLASS REGISTRATION FORM

POLICY: If a course is two classes per week and you take only one class per week, add \$5.00 to the half-price of the class. First class is always free to help you find your perfect class!

POLICY: No one is ever turned away because of inability to pay. Show your SilverSneakers, Active & Fit, or Silver & Fit card each year to renew your membership. Please always register for classes!

Please mail this completed registration form with your check payment payable to (LVAL) Lehigh Valley Active Life. To pay with VISA, Master-Card, or Discover; please call 610-437-3700. If paying with cash please bring your registration form and payment to the Center office.

Name _____ member: Yes No

Silversneakers Number _____

Active & Fit / Or / Silver & Fit Number _____

Address (Street, City, Zip) _____

Today's Date _____ tel. No. _____ Cell No. _____

<u>Creative Arts</u>	<u>Total \$</u>	<u>Date(s)</u>
ACRYLIC 7/1-8/26 \$63/\$126	_____	_____
ART FOR EVERYONE	_____	_____
\$3/\$6 PAY MONTHLY	_____	_____
\$3.50/\$7 PAY DAILY	_____	_____
ARTS & CRAFTS \$1/\$2 per class	_____	_____
CERAMICS Tuesdays, 1/2 Day: \$4/\$4.75	_____	_____
All Day: \$8/\$9.50	_____	_____
DIAMOND PAINTING Wed \$2.50/\$5	_____	_____
DRAWING CLASSES	_____	_____
Mondays 7/1-8/31 \$63/\$126	_____	_____
KNIT AND CHAT GROUP	_____	_____
Thursdays Free/ \$5	_____	_____
PAINT AND SIP Wednesdays	_____	_____
5:30 - 7:30 p.m. \$20/\$40	_____	_____
Dances & Dancing		
LINE DANCING	_____	_____
7/6 - 8/31 \$40/\$80	_____	_____
TAP DANCE CLASSES	_____	_____
7/6 - 8/31 \$27/\$54	_____	_____
TAP DANCE - True Beginners	_____	_____
7/7 - 8/25 \$24/\$48	_____	_____
TAP DANCE - Beginners	_____	_____
7/7 - 8/25 \$24/\$48	_____	_____
Education		
Islam Talk 7/9, 16,23 Free/\$5	_____	_____
Fitness		
BARRE EXERCISES FOR CONDITIONING	_____	_____
7/1-8/28 \$28/\$56	_____	_____

<u>Total \$</u>	<u>Date(s)</u>
CHAIR BALANCE 7/1-8/28 \$64/\$128	_____
CHI KUNG 7/1-8/26 \$45/\$90	_____
GENTLE CHAIR YOGA	_____
7/1-8/28 \$64/\$128	_____
GENTLE YOGA - a.m.	_____
7/1-8/31 \$72/\$144	_____
LOW IMPACT AEROBICS	_____
7/1-8/31 \$36/\$72	_____
7/2-8/27 \$34/\$68	_____
MODIFIED ASHTANGA YOGA Orfield	_____
7/2-8/27 \$68/\$136	_____
MODIFIED ASHTANGA YOGA Orefield	_____
7/1-8/31 \$72/\$144	_____
STRENGTH TRAINING (Chair Class)	_____
7/2-8/27 \$64/\$128	_____
STRETCH AND STRENGTHEN (Chair Class)	_____
7/1-8/31 Any 3 \$90/\$180	_____
7/1-8/31 Any 2 \$60/\$120	_____
STRONG & FIT CIRCUIT	_____
7/7-8/25 \$24/\$48	_____
TAI CHI EXERCISE 7/1-8/28 \$54/\$108	_____
TRADITIONAL TAI CHI - INTERMEDIATE	_____
7/10-8/28 \$24/\$48	_____
ADVANCED TRADITIONAL TAI CHI:	_____
7/6-8/31 \$27/\$54	_____
BEGINNER TRADITIONAL TAI CHI:	_____
7/6-8/31 \$27/\$54	_____



1633 West Elm Street, Allentown, PA 18102 •
610-437-3700 • www.lvactivelife.org

Enjoy Life at Lehigh Valley Active Life!

YOGA FOR YOUR DEVINE SPINE

7/1-8/26 \$36/\$72 _____

YOGA WITH YOU IN MIND

7/1-8/26 \$36/\$72 _____

Yogalates NEW

7/10-8/28 \$32/\$64 _____

ZUMBA GOLD® - 7/2-8/27 \$27/\$54 _____

ZUMBA GOLD ® - 7/7-8/26 \$24/\$48 _____

Groups

INVESTMENT INTEREST GROUP

7/8,22, 8/12,26 Free/\$3 _____

Personal Growth

GENEALOGY- Fridays FREE/\$5 _____

SPIRITUAL DEVELOPMENT/MEDITATION

7/1,8,15,22,29, 8/5,12,19 \$80/\$160 _____

SPANISH CLASSES

Must register 2 weeks in advance

BEGINNER SPANISH

7/6-8/31 \$63/\$126 _____

INTERMEDIATE SPANISH

7/6-8/31 \$63/\$126 _____

ADVANCED CONVERSATIONAL

SPANISH

7/6-8/31 \$63/\$126 _____