

January-February 2019; 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.

POLICY: No one is ever turned away because of inability to pay. Show your SilverSneaker card or your Silver & Fit card each year to renew your membership.

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

NAME _____ SILVER SNEAKERS NO. _____

SILVER & FIT NO. _____

ADDRESS (Street, City, Zip) _____

TODAY'S DATE _____ TEL. NO. _____ CELL NO. _____ MEMBER: YES NO

LEGACY PLANNING

Legacy Planning Strategies Feb 8, 10:00 a.m. Fee Free/\$5 _____

SPANISH CLASSES

Beginning Spanish, Jan 7; 11:30 a.m. Fee \$58/\$116 _____

Intermediate Spanish, Jan 7, 1:30 p.m. Fee \$58/\$116 _____

Advanced Spanish, Jan 7, 3:00 p.m. Fee \$58/\$116 _____

BALANCE CLASSES

A Matter of Balance, Jan 7; 1:00 p.m. Fee FREE _____

HEALTHY STEPS IN MOTION

Healthy Steps In Motion, Jan 22-Mar 19, 10:15 a.m.
Fee FREE _____

BRIDGE LESSONS

Intermediate Bridge, Jan 3, 11:15 a.m. Fee \$60/\$120 _____

Advanced Beginner Bridge, Jan 3, 11:15am Fee \$60/\$120 _____

COMPUTER CLASSES

Intro to Computer I, R. Mannix, Feb 25, 9am Fee \$30/\$60 _____

Intro to Computer I, A. Konnick, Feb 6, 11am/Fee \$30/\$60 _____

CREATIVE ARTS

Acrylic Painting, Jan 2, 9:00 a.m. Fee \$63/\$126 _____

Drawing Class, Jan 7, 9:00 a.m. Fee \$56/\$112 _____

Paint & Wine, Wed, Jan 9, 5:30 p.m. Fee \$20/\$40 _____

Paint & Wine, Wed, Feb 6, 5:30 p.m. Fee \$20/\$40 _____

ZUMBA GOLD FITNESS

Zumba Gold, Jan 3, 9:00 a.m. Fee \$27/\$54 _____

TAP DANCE CLASSES

Advanced Beginner Tap, Jan 7, 9:00 a.m. Fee \$24/\$48 _____

Beginner Tap, Jan 8, 10:00 a.m. Fee \$24/\$48 _____

WHITEHALL CLASSES

Gentle Chair Yoga, Jan 3, 9:30 a.m. Fee \$68/\$136 _____

Tai Chi Exercise, Jan 8, 12:30 p.m. Fee \$48/\$96 _____

Stretch & Strengthen, Jan 2, 10:30 a.m. Fee \$72/\$144 _____

EVENING GENTLE VINYASA YOGA-New Class

Yoga Teacher: Sara Mercer

Combining different gentle levels of led Mysore practice for well-being, strength, balance, flexibility, digestion and relaxation. Unwind from a busy day and calm your mind.

Gentle Vinyasa Yoga, Tuesdays, 5:30 p.m.-6:30 p.m., LaRose Room

January 8-February 26, 8 Weeks,
Fee \$32 Members; \$64 Nonmembers _____

SNOW MAKEUP CLASS MARCH 5

LVAL CLASS REGISTRATION FORM: January-February 2019, PAGE TWO

BANDS, BELLS, BALLS

Bands, Bells, Balls, Jan 8, 9:00 a.m. Fee \$24/\$48

LINE DANCING CLASSES

Line Dancing, Jan 7, 1:45 p.m. Fee \$36/\$72

Beginner Line Dancing, Jan 10, 2:00 p.m. Fee \$36/\$72

BARRE EXERCISE FOR SENIORS

Barre Exercise, Jan 11, 11:30 a.m. Fee \$36/\$72

TAI CHI EXERCISE

Tri Chi Exercise, Jan 9, 11:30 a.m. Fee \$48/\$96

CHI KUNG

Chi Kung, Jan 9, 12:45 p.m. Fee \$40/\$80

TRADITIONAL TAI CHI

Tai Chi Advanced, Jan 7, 11:15 a.m. Fee \$38/\$76

Tai Chi Beginner, Jan 7, 12:30 p.m. Fee \$24/\$48

Tai Chi Intermediate, Jan 4, 10:15 a.m. Fee \$27/\$54

RETRO AEROBICS

Retro Aerobics, Jan 11, 10:15 a.m. Fee \$32/\$64

WATER AEROBICS

Water Aerobics Exercise Class at Muhlenberg Pool Fee\$5/\$10

Sign up, Drop In and pay as your go. M/W/F, 10:00 a.m.

Free Swim 9:30-10:00 a.m., M/W/F Fee \$1/\$2

STRETCH & STRENGTHEN

Stretch & Strengthen, Jan 2, 9:00 a.m., 3 days/Fee \$96/\$192

Stretch & Strengthen, Jan 2, 9:00 a.m., 2 days/Fee \$64/\$128

GENTLE ASHTANGA YOGA, ELM STREET

Gentle Ashtanga Yoga, Jan 8, T/Th 11:15 a.m. Fee \$72/\$144

GENTLE ASHTANGA YOGA, OREFIELD

Gentle Ashtanga Orefield, M/W Jan 7, 12:30 pm Fee \$72/\$144

GENTLE VINYASA YOGA

Gentle Yoga, Jan 7, 10:30 a.m. M/W Fee \$72/\$144

YOGA STRENGTH TRAINING

Yoga Strength Training, T/TH, Jan 8, 12:45pm Fee \$64/\$128

GENTLE CHAIR YOGA

Gentle Chair Yoga, Jan 2, 2:30 p.m. W/F Fee \$72/\$144

YOGA FLOW

Yoga Flow, Wed, Jan 9, 9:00 a.m. Fee \$32/\$64

YOGA FOR JOINTS AND GLANDS

Yoga Joints Glands, Wed, Jan 9, 10:15 a.m. Fee \$24/\$48

LA LA YOGA

La La Yoga, Fri, Jan 4, 9:00 a.m. Fee \$27/\$54

PIYO FOR SENORS

Piyo for Seniors, Feb 5, T/Th, 2:00pm Fee\$32/\$64

LOW IMPACT AEROBICS, ELM STREET

Low Impact Aerobics, M/W/F, Jan 7, 9:00am Fee\$46/\$92

LOW IMPACT AEROBICS, OREFIELD

Low Impact Aerobics, Orefield, Jan 8, T/Th, 12:30pm \$36/\$72

PILOXING (January only)

Piloxing, Jan 8-Jan 31, T/Th, 2:00 p.m. Fee \$32/\$64

TRIVIA

Trivia, , Tues, Feb 5 FREE/\$5

Trivia, Tues, Feb 12 FREE/\$5

WORLD WAR II HISTORY

The Eighty Air Force, Jan 16, 2:00 p.m. Fee \$6/\$12

Convoy PDQ17, Feb 20, 2:00 p.m. Fee \$6/\$12

OPERA

Salome-R. Strauss & Tosca-Puccini, Jan 18, 12:45pm
Fee\$3/\$6

Carousel-Rogers & Hammerstein, Feb 22, 12:45pm
Fee\$3/\$6

MOVIES

Forever My Girl, Jan 9 Fee \$2/\$4

A Dog's Purpose, Jan 23 Fee \$2/\$4

Won't You Be My Neighbor, Feb 13 Fee \$2/\$4

The Leisure Seeker, Feb 27 Fee \$2/\$4

SPIRITUAL DEVELOPMENT

Spiritual Dev, Jan3-Feb 21 Fee \$80/\$160

BROADWAY TRIPS

Tootsie, May 8, 2019 Fee \$149

The Cher Show, May 8, 2019 Fee \$159

TRIPS

Sight and Sound, Jesus, Apr 10, 2019 Fee \$105

Dutch Apple Theatre, Finding Neverland, Aug 28, 2019
Fee \$86

Finger Lakes, New York, May 20-22, 2019 Fee \$489

Montreal & Quebec, Canada, Sept 29-Oct 3, 2019
Fee \$739

March-April 2019; LVAL CLASS REGISTRATION FORM

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SILVER & FIT NO. _____

ADDRESS (Street, City, Zip) _____

TODAY'S DATE _____ TEL. NO. _____ CELL NO. _____ MEMBER: YES NO

SPANISH CLASSES

Beginning Spanish, Mar 11; 11:30 a.m. Fee \$58/\$116 _____

Intermediate Spanish, Mar 11, 1:30 p.m. Fee \$58/\$116 _____

Advanced Spanish, Mar 11, 3:00 p.m. Fee \$58/\$116 _____

COMPUTER CLASSES

Intro to Computer I, R. Mannix, Mar 11, 9am Fee \$30/\$60 _____

Intro to Computer I, A. Konnick, Feb 27, 11am/Fee \$30/\$60 _____

Intro to iPad & iPhone, R. Mannix, Mar 26, 9am/Fee \$15/\$30 _____

CREATIVE ARTS

Acrylic Painting, Mar 13, 9:00 a.m. Fee \$49/\$98 _____

Drawing Class, Mar 11, 9:00 a.m. Fee \$56/\$112 _____

Paint & Wine, Wed, Mar 6, 5:30 p.m. Fee \$20/\$40 _____

Paint & Wine, Wed, April 10, 5:30 p.m. Fee \$20/\$40 _____

ZUMBA GOLD FITNESS

Zumba Gold, Mar 14, 9:00 a.m. Fee \$21/\$42 _____

TAP DANCE CLASSES

Advanced Beginner Tap, Mar 11, 9:00 a.m. Fee \$24/\$48 _____

Beginner Tap, Mar 12, 10:00 a.m. Fee \$24/\$48 _____

BANDS, BELLS, BALLS

Bands, Bells, Balls, Mar 12, 9:00 a.m. Fee \$24/\$48 _____

WHITEHALL CLASSES

Gentle Chair Yoga, Mar 12, 9:30 a.m. Fee \$60/\$120 _____

Tai Chi Exercise, Mar 12, 12:30 p.m. Fee \$39/\$78 _____

Stretch & Strengthen, Mar 13, 10:30 a.m. Fee \$52/\$104 _____

LIVING WELL with Diabetes, Apr 3-May 8, 12:15 p.m. FREE _____

EVENING GENTLE VINYASA YOGA-New Class

Yoga Teacher: Sara Mercer

Combining different gentle levels of led Mysore practice for well-being, strength, balance, flexibility, digestion and relaxation. Unwind from a busy day and calm your mind.

Gentle Vinyasa Yoga , Tuesdays, 5:30 p.m.-6:30 p.m., LaRose Room

March 12-April 30, 8 Weeks,

Fee \$32 Members; \$64 Nonmembers _____

SNOW MAKEUP CLASS MARCH 5

LVAL CLASS REGISTRATION FORM: March-April 2019, PAGE TWO**LINE DANCING CLASSES**

Line Dancing, Mar 11, 1:45 p.m. Fee \$36/\$72 _____

Beginner Line Dancing, Mar 14, 2:00 p.m. Fee \$32/\$64 _____

BARRE EXERCISE FOR SENIORS

Barre Exercise, Mar 15, 11:30 a.m. Fee \$24/\$48 _____

TAI CHI EXERCISE

Tri Chi Exercise, Mar 13, 11:30 a.m. Fee \$39/\$78 _____

CHI KUNG

Chi Kung, Mar 13, 12:45 p.m. Fee \$35/\$70 _____

TRADITIONAL TAI CHI

Tai Chi Advanced, Mar 11, 11:15 a.m. Fee \$38/\$76 _____

Tai Chi Beginner, Mar 11, 12:30 p.m. Fee \$24/\$48 _____

Tai Chi Intermediate, Mar 15, 10:15 a.m. Fee \$18/\$36 _____

RETRO AEROBICS

Retro Aerobics, Mar 15, 10:15 a.m. Fee \$24/\$48 _____

WATER AEROBICS

Water Aerobics Exercise Class at Muhlenberg Pool Fee\$5/\$10 _____

Sign up, Drop In and pay as your go. M/W/F, 10:00 a.m.

Free Swim 9:30-10:00 a.m., M/W/F Fee \$1/\$2 _____

STRETCH & STRENGTHEN

Stretch & Strengthen, Mar 11, 9:00 a.m., 3 days/Fee \$84/\$168 _____

Stretch & Strengthen, Mar 11, 9:00 a.m., 2 days/Fee \$56/\$112 _____

GENTLE ASHTANGA YOGAGentle Ashtanga Yoga,
Tu/Thurs, Mar 12, 11:15 a.m. Fee \$68/\$136 _____**GENTLE ASHTANGA YOGA, OREFIELD**Gentle Ashtanga Yoga, Orefield,
M/W, Mar 11, 12:30 p.m. Fee \$68/\$136 _____**GENTLE VINYASA YOGA**

Gentle Yoga, M/W, Mar 11, 10:30 a.m. Fee \$68/\$136 _____

YOGA STRENGTH TRAINING

Yoga Strength Training, Mar 12, T/Th 12:45 p.m. Fee \$60/\$120 _____

GENTLE CHAIR YOGA

Gentle Chair Yoga, Mar 13, 2:30 p.m. W/F Fee \$52/\$104 _____

YOGA FLOW

Yoga Flow, Mar 13, Wed; 9:00 a.m. Fee \$28/\$56 _____

YOGA FOR JOINTS AND GLANDS

Yoga-Joints-Glands, Wed, Mar 13, 10:15 a.m. Fee \$24/\$48 _____

LA LA YOGA

La La Yoga, Fri, Mar 15, 9:00 a.m. Fee \$18/\$36 _____

PIYO FOR SENIORS

Piyo for Seniors, Mar 12, T/Th, 2:00pm Fee\$56/\$112 _____

LOW IMPACT AEROBICS, ELM STREET

Low Impact Aerobics, M/W/F, Mar 11, 9:00am Fee\$46/\$92 _____

LOW IMPACT AEROBICS, OREFIELD

Low Impact Aerobics, Orefield, Mar 12, T/Th, 12:30pm \$36/\$72 _____

WORLD WAR II HISTORY

Incident on the Yangtze River, Mar 20, 2:00pm Fee \$6/\$12 _____

The Schamhorst and Tirpitz, Apr 17, 2:00 pm Fee \$6/\$12 _____

HISTORY

Secret Lives of U.S. Presidents, Mar 13, 10:00am Fee \$6/\$12 _____

Great Mysteries of the Past, Apr 12, 2:00 pm Fee \$6/\$12 _____

Bizarre Tales from World War II, Apr 29, 10am Fee \$6/\$12 _____

OPERA

Falstaff-Verdi, Mar 22, 12:45pm Fee\$3/\$6 _____

Marriage of Figaro-Mozart, Apr 26, 12:45pm Fee\$3/\$6 _____

MOVIES

A Quiet Place, Mar 27 Fee\$2/\$4 _____

Crazy Rich Asians, Apr 10 Fee\$2/\$4 _____

Let There Be Light, Apr 24 Fee\$2/\$4 _____

SPIRITUAL DEVELOPMENT

Spiritual Dev, Mar 7-Apr 25 Fee \$80/\$160 _____

BROADWAY TRIPS

Tootsie, May 8, 2019 Fee \$149 _____

The Cher Show, May 8, 2019 Fee \$159 _____

TRIPS

Sight and Sound, Jesus, Apr 10, 2019 Fee \$105 _____

Dutch Apple Theatre, Finding Neverland, Aug 28, 2019
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