

**September-October 2018; 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

**CREATIVE ARTS CLASSES**

Acrylic, Sept 5 Fee \$63/\$126 \_\_\_\_\_

Drawing Classes, Sept 10 Fee \$49/\$98 \_\_\_\_\_

**PAINT AND WINE CLASS**

Paint & Wine, Shoe & Wine, Sept 12 Fee \$20/\$40 \_\_\_\_\_

Paint & Wine, Paris Painting, Oct 17 Fee \$20/\$40 \_\_\_\_\_

**RETIREMENT SEMINARS**

Understanding Retirement Health Care Fee FREE/\$5 \_\_\_\_\_

Retirement Income Strategies Oct 24 Fee FREE/\$5 \_\_\_\_\_

**TRIVIA** Sept 10 & 24 Fee FREE/\$5 \_\_\_\_\_

**WOODWORKING CLUB**, Wed, Ongoing Fee TBD \_\_\_\_\_

**HEALTHY STEPS IN MOTION**, Sept 24 Fee FREE \_\_\_\_\_

**LEARN THE 10 KEYS/HEALTHY AGING**, Oct 9 FREE \_\_\_\_\_

**LIVING WELL WITH DIABETES**, Oct 15 Fee FREE \_\_\_\_\_

**WHITEHALL CLASSES**

Tai Chi Exercise, Whitehall, Sept 4 Fee \$50/\$100 \_\_\_\_\_

Stretch & Strengthen, Whitehall, Sept 5 Fee \$68/\$136 \_\_\_\_\_

Gentle Chair Yoga, Whitehall, T/Th, Sept 4 Fee \$68/\$136 \_\_\_\_\_

**LIVING A HEALTHY LIFE**, Whitehall, Sept 26  
FREE/\$5 \_\_\_\_\_

**BACK PAIN-AVOIDING SURGERY**; Sept 19/Fee FREE/\$5 \_\_\_\_\_

**FALL PREVENTION BALANCE**

A Matter of Balance –Fall Prevention; Sept 10  
Fee FREE \_\_\_\_\_

Chair Balance Sept 5 Fee \$68/\$136 \_\_\_\_\_

Causes of Imbalance & Dizziness Fee FREE/\$5 \_\_\_\_\_

**BRIDGE LESSONS**

Very Beginning Bridge Lessons Sept 6 Fee \$60/\$120 \_\_\_\_\_

Intermediate Bridge Lessons Sept 6 Fee \$60/\$120 \_\_\_\_\_

**BEHIND THE SCENES ALLENTOWN SYMPHONY**

Oct 11 Fee FREE/\$3 \_\_\_\_\_

**POETRY READING** Oct 10 Fee FREE/\$5 \_\_\_\_\_

**WATER AEROBICS**, Pay teacher as you go; Fee \$5/\$10  
SilverSneakers & Silver & Fit scan card plus pay \$1.00 cash

**COMPUTER CLASSES**

Intro to Computer I, Sept 10, 9 am Fee \$30/\$60 \_\_\_\_\_

Intro to Computer I, Sept 19, 11 am Fee \$30/\$60 \_\_\_\_\_

Intro to iPad (iPhone), Sept 12 & 14 Fee \$10/\$20 \_\_\_\_\_

Intro to Computer II, Sept 24, 9 am Fee \$30/\$60 \_\_\_\_\_

Intro to Computer II, Oct 10, 11 am Fee \$30/\$60 \_\_\_\_\_

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**DANCE CLASSES**

Tap Dance Advance Beginner, Sept 10 Fee\$15/\$30 \_\_\_\_\_

Tap Dance Beginner, Sept 11 Fee\$15/\$30 \_\_\_\_\_

Line Dance Class, Sept 10 Fee\$21/\$42 \_\_\_\_\_

**LINE DANCE SOCIAL ON THURS CANCELLED FOR 2 MONTHS  
CHI KUNG CLASS**

Kane Tai Chi, Sept 5 Fee\$45/\$90 \_\_\_\_\_

**TAI CHI CLASSES**

Traditional Tai Chi Intermediate, Sept 7 Fee\$24/\$48 \_\_\_\_\_

Traditional Tai Chi Advanced, Sept 10 Fee\$38/\$76 \_\_\_\_\_

Traditional Tai Chi Beginner, Sept 10 Fee\$24/\$48 \_\_\_\_\_

Tai Chi Exercise, Elm St, Sept 5 Fee\$45/\$90 \_\_\_\_\_

**STRENGTH TRAINING CLASSES**

Strength Training Yoga & Balance, 12:45 pm,  
Sept 11 Fee\$64/\$128 \_\_\_\_\_

Stretch & Strengthen, M/W/F, Sept 5, three days  
Fee\$96/\$192 \_\_\_\_\_

Stretch & Strengthen, M/W/F, Sept 5, two days  
Fee\$64/\$128 \_\_\_\_\_

**YOGA CLASSES**

Gentle Vinyasa Yoga,  
M/W, Sept 10, 10:30 a.m. Fee\$64/\$128 \_\_\_\_\_

Ashtanga Vinyasa Yoga, T/Th, Sept 11 Fee\$60/\$120 \_\_\_\_\_

Ashtanga Vinyasa Yoga, Orefield, Sept 10 Fee\$68/\$136 \_\_\_\_\_

**CHAIR YOGA CLASSES**

Gentle Chair Yoga, Elm St., W/F, Sept 5 Fee\$68/\$136 \_\_\_\_\_

**EXERCISE AND FITNESS CLASSES**

Zumba Gold, Sept 6 Fee\$24/\$48 \_\_\_\_\_

Bands, Bells, & Balls, Sept 4 Fee\$24/\$48 \_\_\_\_\_

Barre Exercise for Seniors, Sept 7 Fee\$32/\$64 \_\_\_\_\_

Retro Aerobics, Sept 7 Fee\$32/\$64 \_\_\_\_\_

Pilates for Seniors, Sept 18 Fee \$45/\$90 \_\_\_\_\_

**LOW IMPACT AEROBICS CLASSES**

Aerobics, Tue/Thur, 2 pm, Sept 4 Fee\$32/\$64 \_\_\_\_\_

Aerobics, M/W/F, 9 am, Sept 5 Fee\$40/\$80 \_\_\_\_\_

Aerobics, Orefield, T/Th, Sept 4 Fee\$32/\$64 \_\_\_\_\_

**HISTORY LECTURES**

WW II American Participation CBI Sept 19 Fee \$6/\$12 \_\_\_\_\_

WWII Japanese War Crime Trials Oct 17 Fee \$6/\$12 \_\_\_\_\_

Secret Lives of Great Authors Oct 22 Fee \$6/\$12 \_\_\_\_\_

Modern Africa Oct 26 Fee \$6/\$12 \_\_\_\_\_

Churchill: Indian Perspective, TBD Fee FREE \_\_\_\_\_

ISLAM: Lecture & Tour of a Mosque, Oct 18 Fee FREE \_\_\_\_\_

OPERA Othello-Verdi, Nov 16 Fee \$3/\$6 \_\_\_\_\_

OPERA The Pearl Fishers-Bizet, Dec 14 Fee \$3/\$6 \_\_\_\_\_

PPL PRESENTATION, Oct 10 Fee FREE/\$5 \_\_\_\_\_

SPIRITUAL DEVELOPMENT, Oct 17 Fee\$80/\$160 \_\_\_\_\_

Nurse EDUCATION SESSIONS, FREE \_\_\_\_\_

**SPANISH CLASSES**

Beginning Spanish, Sept 10 Fee\$58/\$116 \_\_\_\_\_

Intermediate Spanish, Sept 10 Fee\$58/\$116 \_\_\_\_\_

Advanced Spanish, Sept 10 Fee\$58/\$116 \_\_\_\_\_

**MOVIES**

Chappaquiddick, Sept 12 Fee \$2/\$4 \_\_\_\_\_

I Can Only Imagine, Sept 26 Fee \$2/\$4 \_\_\_\_\_

Mama Mia! Here We Go Again, Oct 10 Fee \$2/\$4 \_\_\_\_\_

Book Club, Oct 24 Fee \$2/\$4 \_\_\_\_\_

Gandhi, Sept 19 & Oct 3 Fee \$3/\$6 \_\_\_\_\_

**BROADWAY TRIPS**

The Band's Visit, Nov 14, 2018 Fee \$150 \_\_\_\_\_

Wicked, Nov 14, 2018 Fee \$139 \_\_\_\_\_

The Cher Show, April 3, 2019 Fee \$139 \_\_\_\_\_

**OTHER TRIPS**

Myrtle Beach, SC, Sept 23-29, 2018 Fee \$759 \_\_\_\_\_

Radio City Music Hall, Dec 6, 2018 Fee \$132 \_\_\_\_\_

Jesus, Sight and Sound, April 10, 2019 Fee \$105 \_\_\_\_\_

Finger Lakes, NY, May 2019, 3 Days Fee \$489 \_\_\_\_\_

Montreal and Quebec, Oct 2019, 5 days Fee \$729 \_\_\_\_\_

**November-December 2018; LVAL CLASS REGISTRATION FORM**

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**FALL PREVENTION BALANCE**

Chair Balance; Nov 2 Fee \$64/\$128 \_\_\_\_\_

**COOKING CLASSES**

TBD, November 7 Fee \$5/\$10 \_\_\_\_\_

**CREATIVE ARTS CLASSES**

Acrylic, Nov 7 Fee \$56/\$112 \_\_\_\_\_

Drawing Classes, Nov 5 Fee \$49/\$96 \_\_\_\_\_

**PAINT AND WINE CLASS**

Paint & Wine, Family Painting Nov 7 Fee \$20/\$40 \_\_\_\_\_

Paint & Wine, Gingerbread House, Dec 5 Fee \$20/\$40 \_\_\_\_\_

**WHITEHALL CLASSES**

Tai Chi Exercise, Whitehall, Oct 30, T/Fri Fee \$47/\$94 \_\_\_\_\_

Stretch & Strengthen, Whitehall, Nov 2 Fee \$64/\$128 \_\_\_\_\_

Gentle Chair Yoga, Whitehall, T/Th, Nov 1 Fee \$60/\$120 \_\_\_\_\_

Tai Chi Exercise, Whitehall, Nov 7, Wed Fee \$22/\$44 \_\_\_\_\_

**DANCE CLASSES**

Line Dancing Class, Nov 5 Fee \$21/\$42 \_\_\_\_\_

Tap Dance Class-Advanced Beginner, Nov 5 Fee \$21/\$42 \_\_\_\_\_

Tap Dance Class-Beginner, Nov 6 Fee \$21/\$42 \_\_\_\_\_

**WATER AEROBICS**, Pay teacher as you go; Fee \$5/\$10 \_\_\_\_\_  
SilverSneakers & Silver & Fit scan card plus pay \$1.00 cash

**Nurse EDUCATION SESSIONS**, FREE \_\_\_\_\_

**WOODWORKING CLUB**, Wed, Ongoing Fee TBD \_\_\_\_\_

**HISTORY LECTURES**

WWII The Invasion of Japan Nov 21 Fee \$6/\$12 \_\_\_\_\_

WWII The V1 and V2 Dec 19 Fee \$6/\$12 \_\_\_\_\_

Secret Lives of First Ladies Nov 9 Fee \$6/\$12 \_\_\_\_\_

Churchill: Indian Perspective, TBD Fee FREE \_\_\_\_\_

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**CHI KUNG CLASS**

Kane Tai Chi, Nov 7 Fee\$35/\$70 \_\_\_\_\_

**TAI CHI CLASSES**

Traditional Tai Chi Intermediate, Nov 2 Fee\$21/\$42 \_\_\_\_\_

Traditional Tai Chi Advanced, Nov 12 Fee\$28/\$56 \_\_\_\_\_

Traditional Tai Chi Beginner, Nov 12 Fee\$18/\$32 \_\_\_\_\_

Tai Chi Exercise, Elm St, Sept 5 Fee\$45/\$90 \_\_\_\_\_

**STRENGTH TRAINING CLASSES**

Strength Training, Yoga & Balance, 12:45 pm, Nov 1  
Fee\$64/\$128 \_\_\_\_\_

Stretch & Strengthen, M/W/F, Nov 2, three days  
Fee\$96/\$192 \_\_\_\_\_

Stretch & Strengthen, M/W/F, Nov 2, two days  
Fee\$64/\$128 \_\_\_\_\_

**YOGA CLASSES**

Gentle Vinyasa Yoga, M/W, Nov 5, 10:30 a.m.  
Fee\$60/\$120 \_\_\_\_\_

Ashtanga Vinyasa Yoga, T/Th, Nov 1 Fee\$60/\$120 \_\_\_\_\_

Ashtanga Vinyasa Yoga, Orefield, Nov 5 Fee\$60/\$120 \_\_\_\_\_

**CHAIR YOGA CLASSES**

Gentle Chair Yoga, Elm St., W/F, Nov 2 Fee\$64/\$128 \_\_\_\_\_

**EXERCISE AND FITNESS CLASSES**

Zumba Gold, Nov 1 Fee\$21/\$42 \_\_\_\_\_

Bands, Bells, & Balls, Nov 6 Fee\$21/\$42 \_\_\_\_\_

Barre Exercise for Seniors, Nov 2 Fee\$28/\$56 \_\_\_\_\_

Retro Aerobics, Nov 2 Fee\$28/\$56 \_\_\_\_\_

Pilates for Seniors, Nov 20 Fee \$28/\$56 \_\_\_\_\_

**LOW IMPACT AEROBICS CLASSES**

Aerobics, Tue/Thur, 2 pm, Nov 1 Fee\$28/\$56 \_\_\_\_\_

Aerobics, M/W/F, 9 am, Nov 2 Fee\$35/\$70 \_\_\_\_\_

Aerobics, Orefield, T/Th, Oct 30 Fee\$30/\$60 \_\_\_\_\_

**SPANISH CLASSES**

Beginning Spanish, Nov 12 Fee\$44/\$88 \_\_\_\_\_

Intermediate Spanish, Nov 12 Fee\$44/\$88 \_\_\_\_\_

Advanced Spanish, Nov 12 Fee\$44/\$88 \_\_\_\_\_

**MOVIES**

Ocean's 8, Nov 14 Fee\$2/\$4 \_\_\_\_\_

Let There Be Light, Nov 28 Fee\$2/\$4 \_\_\_\_\_

Overboard, Dec 12 Fee\$2/\$4 \_\_\_\_\_

**BROADWAY TRIPS**

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