

Capital BLUE

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healthy place.
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JANUARY

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
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The Promenade Shops at
Saucon Valley
2845 Center Valley Parkway,
Center Valley, PA 18034



/capbluecross



@capbluestore



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855.505.BLUE (2583)
CapitalBlueStore.com

Space is limited. Please
register in advance at:
CapitalBlueStore.com

Capital Blue is brought to you by Capital BlueCross, an Independent Licensee of the BlueCross BlueShield Association, serving 21 counties in central Pennsylvania and the Lehigh Valley.

JANUARY SCHEDULE

for Capital Blue at Saucon Valley

Go to CapitalBlueStore.com for class descriptions and to register

EVENTS (Free for everyone unless noted otherwise.)		Age Group
1/8	Senior Social (11:30 a.m.-12:30 p.m.)	Seniors
1/16	Children's Book Signing with Roey Ebert (12-2 p.m.)	Children
1/23	Healthy Super Bowl Snacks (11 a.m.-1 p.m.)	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
1/4	Tai Chi (6-7 p.m.) ♥	Adults
1/5	Masala Bhangra (5-6 p.m.) ♥	Adults
1/5	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
1/6	Yoga (12-1 p.m.) ♥	Adults
1/6	Zumba® (5:30-6 p.m.) ♥♥	Adults
1/7	Rosie's Insanity (12-12:30 p.m.) ♥♥♥	Adults
1/7	30-Minute Shred (6:30-7 p.m.) ♥♥♥	Adults
1/8	Senior Seated Stretching (10-10:30 a.m.) ♥	Seniors
1/9	Little Movers (ages 2-8) (11-11:30 a.m.) ♥	Children
1/11	PiYo (12-1 p.m.) ♥	Adults
1/11	Boot Camp (6-6:30 p.m.) ♥♥	Adults
1/11	Rosie's Insanity (6:30-7 p.m.) ♥♥♥	Adults
1/12	Gratitude Yoga (12-1 p.m.) ♥	Adults
1/12	Fitness Components (6-6:30 p.m.) ♥♥	Adults
1/13	PiYo (9-10 a.m.) ♥	Adults
1/13	Cardio Sculpt (5:30-6 p.m.) ♥♥	Adults
1/13	Booty Barre™ (6-6:30 p.m.) ♥♥	Adults
1/14	Boot Camp (12-12:30 p.m.) ♥♥	Adults
1/14	Cardio Kickboxing (6-7 p.m.) ♥♥	Adults
1/15	Pilates (12-12:30 p.m.) ♥	Adults
1/15	30-Minute Shred (6:30-7 p.m.) ♥♥♥	Adults
1/18	Yoga (6-7 p.m.) ♥	Adults
1/19	Masala Bhangra (5-6 p.m.) ♥	Adults
1/19	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
1/20	Cardio Kickboxing (12-1 p.m.) ♥♥	Adults
1/20	Zumba® (5:30-6 p.m.) ♥♥	Adults
1/20	30-Minute Shred (6:30-7 p.m.) ♥♥♥	Adults
1/21	Rosie's Insanity (12-12:30 p.m.) ♥♥♥	Adults
1/21	Gratitude Yoga (6-7 p.m.) ♥	Adults
1/22	Pam's Yoga (12-12:30 p.m.) ♥	Adults
1/25	PiYo (12-1 p.m.) ♥	Adults
1/25	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
1/26	Gratitude Yoga (12-1 p.m.) ♥	Adults
1/26	Fitness Components (6-6:30 p.m.) ♥♥	Adults

*Participants will be required to sign a waiver before participating in fitness classes.

Fitness Level Intensity: ♥ – Low ♥♥ – Medium ♥♥♥ – High

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
1/27	Tabata (5:30-6 p.m.) ♥♥♥	Adults
1/28	Boot Camp (12-12:30 p.m.) ♥♥	Adults
1/28	30-Minute Shred (6:30-7 p.m.) ♥♥♥	Adults
1/29	Senior Seated Stretching (10-10:30 a.m.) ♥	Seniors

*Participants will be required to sign a waiver before participating in fitness classes.

Fitness Level Intensity: ♥ – Low ♥♥ – Medium ♥♥♥ – High

WORKSHOPS/SEMINARS (Free for everyone unless noted otherwise.)		Age Group
1/2	OrganWise® Guys (12-1 p.m.)	Children
1/6	Dimensions of Wellness (1-2 p.m. & 5-6 p.m.)	Adults
1/7	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults
1/13	Maintaining Good Eating and Exercise Habits When it Isn't Easy (1-2 p.m. & 5-6 p.m.)	Seniors
1/14	Be Free From Tobacco (1-2 p.m. & 5-6 p.m.)	Adults
1/19	Interactive Nutrition Display (3-5 p.m.)	Adults
1/20	Simply Fitness: Exercising for Life (1-2 p.m. & 5-6 p.m.)	Adults
1/21	What Your Numbers Mean: Overview of Screening Tests and Results (1-2 p.m. & 5-6 p.m.)	Adults
1/27	Women's Health (1-2 p.m. & 5-6 p.m.)	Adults
1/28	A Healthy Pregnancy for You and Your Baby (1-2 p.m. & 5-6 p.m.)	Adults

On behalf of Capital BlueCross, The OrganWise Guys, Inc. assist in the administration of this wellness education program. The OrganWise Guys, Inc. is an independent company.