

Capital BLUE

Find your
healthy place.
Start here.

JUNE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

The Promenade Shops at
Saucon Valley
2845 Center Valley Parkway,
Center Valley, PA 18034



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.

JUNE 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
Everyday	WalkingWorks® (10:30-11 a.m. and 6-6:30 p.m.)	Adults
Everyday	Body Mass Index Checks (all day)	Everyone
6/3	Senior Social (11:30 a.m.-1 p.m.)	Seniors
6/15	Senior Social (11 a.m.-1 p.m.)	Seniors
6/18	Father's Day Craft Fun (1-3 p.m.)	Children

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
6/1	Yoga (12-1 p.m.) ♥	Adults
6/1	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
6/2	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
6/2	Fitness Components (4:30-5 p.m.) ♥♥♥	Adults
6/2	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
6/2	Fitness Components (6-6:30 p.m.) ♥♥♥	Adults
6/3	Senior Seated Stretching (11-11:30 a.m.) ♥	Seniors
6/6	PiYo (12-1 p.m.) ♥	Adults
6/6	Tai Chi (6-7 p.m.) ♥	Adults
6/7	Pilates (12-12:45 p.m.) ♥	Adults
6/7	Zumba® (5:30-6:30 p.m.) ♥♥	Adults
6/8	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/8	Tabata Boot Camp (5:15-5:45 p.m.) ♥♥♥	Adults
6/8	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
6/9	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
6/9	Abtastic Torture (4:30-5 p.m.) ♥♥♥	Adults
6/9	Yoga (5:30-6:30 p.m.) ♥	Adults
6/11	Kid's Yoga (12-1 p.m.) ♥	Children
6/13	PiYo (12-1 p.m.) ♥	Adults
6/13	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
6/14	Yoga (12-1 p.m.) ♥	Adults
6/14	Tabata (5:30-6:30 p.m.) ♥♥♥	Adults
6/15	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/15	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
6/15	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
6/16	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
6/16	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
6/20	PiYo (12-1 p.m.) ♥	Adults
6/20	Fitness Components (6-6:30 p.m.) ♥♥♥	Adults
6/21	Pilates (12-12:45 p.m.) ♥	Adults
6/21	Masala Bhangra (5:30-6:30 p.m.) ♥♥	Adults
6/22	Gratitude Yoga (12-1 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
6/22	Booty Barre (5:15-5:45 p.m.) ♥♥	Adults
6/22	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
6/23	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
6/23	Abtastic Torture (4:30-5 p.m.) ♥♥♥	Adults
6/27	PiYo (12-1 p.m.) ♥	Adults
6/27	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
6/28	Yoga (12-1 p.m.) ♥	Adults
6/28	Cardio Kickboxing (5:30-6:30 p.m.) ♥♥	Adults
6/29	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/29	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
6/29	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
6/30	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
6/30	Tabata (12-1 p.m.) ♥♥♥	Adults

*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
6/1	Emergency Preparedness (1-2 p.m. & 5-6 p.m.)	Adults
6/2	Summer Safety (1-2 p.m. & 5-6 p.m.)	Adults
6/8	Dermascan (12-1 p.m. & 4-5 p.m.)	Adults
6/8	Men's Health (1-2 p.m. & 5-6 p.m.)	Adults
6/9	Choosing the Best Place for Health Care (1-2 p.m. & 5-6 p.m.)	Adults
6/16	Food Safety (1-2 p.m. & 5-6 p.m.)	Adults
6/22	Nutrition: Your Guide to Eating Healthy (1-2 p.m. & 5-6 p.m.)	Adults
6/23	Dermascan (12-1 p.m. & 4-5 p.m.)	Adults
6/23	Simply Fitness (1-2 p.m. & 5-6 p.m.)	Adults
6/29	Travel Safety (1-2 p.m. & 5-6 p.m.)	Adults
6/30	Cardiopulmonary Resuscitation (CPR) and Cardiac Health (1-2 p.m. & 5-6 p.m.)	Adults