

Capital BLUE

Find your
healthy place.
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SEPTEMBER						
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11	12	13	14	15	16	17
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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.

SEPTEMBER 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	Body Mass Index Checks (all day)	Everyone
Everyday	WalkingWorks® (10:30-11 a.m. & 6-6:30 p.m.)	Adults
9/2	Senior Social (12-1:30 p.m.)	Seniors
9/3	Artist Reception: Dina Lincoln (3-5 p.m.)	Everyone
9/3	Back to School Kids Craft (11:30 a.m.-1 p.m.)	Children
9/21	Senior Social (11:30 a.m.-1 p.m.)	Seniors
9/29	Book Signing: <i>The Confluence—Fly fishing and Friendship in the Dartmouth College Grant</i> (5-7 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
9/1	Masala Bhangra (9-10 a.m.) ♥	Adults
9/1	Cardio Sculpt (12:30-1 p.m.) ♥♥♥	Adults
9/1	Pilates (5-5:45 p.m.) ♥♥	Adults
9/1	Gratitude Yoga (6-7 p.m.) ♥	Adults
9/2	Zumba® (10:30-11:30 a.m.) ♥	Adults
9/2	Senior Seated Stretching (12-12:30 p.m.) ♥	Seniors
9/2	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
9/6	Yoga (12-1 p.m.) ♥	Adults
9/6	Turbo Kickboxing (5:30-6:30 p.m.) ♥♥	Adults
9/7	Zumba® (9-10 a.m.) ♥	Adults
9/7	Gratitude Yoga (12-1 p.m.) ♥	Adults
9/7	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
9/7	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
9/8	Masala Bhangra (9-10 a.m.) ♥	Adults
9/8	Cardio Sculpt (12:30-1 p.m.) ♥♥♥	Adults
9/8	Cardio Kickboxing (5-6 p.m.) ♥♥	Adults
9/8	Gratitude Yoga (6-7 p.m.) ♥	Adults
9/9	Zumba® (10:30-11:30 a.m.) ♥	Adults
9/9	Mindfulness Yoga (12-1 p.m.) ♥	Adults
9/9	Power Toning (5:15-5:45 p.m.) ♥♥	Adults
9/10	Kid's Zumba® (11-11:30 a.m.) ♥	Children
9/12	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
9/12	PiYo (12-1 p.m.) ♥	Adults
9/12	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
9/13	Yoga (12-1 p.m.) ♥	Adults
9/13	Masala Bhangra (5:30-6:30 p.m.) ♥	Adults
9/14	Zumba® (9-10 a.m.) ♥	Adults
9/14	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
9/14	30-Minute Shred (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
9/15	Masala Bhangra (9-10 a.m.) ♥	Adults
9/15	Gratitude Yoga (6-7 p.m.) ♥	Adults
9/16	Zumba® (10:30-11:30 a.m.) ♥	Adults
9/16	Mindfulness Yoga (12-1 p.m.) ♥	Adults
9/16	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
9/19	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
9/19	PiYo (12-1 p.m.) ♥	Adults
9/19	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
9/20	Yoga (12-1 p.m.) ♥	Adults
9/20	Turbo Kickboxing (5:30-6:30 p.m.) ♥♥	Adults
9/21	Gratitude Yoga (12-1 p.m.) ♥	Adults
9/21	Zumba® (9-10 a.m.) ♥	Adults
9/21	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
9/21	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
9/22	Masala Bhangra (9-10 a.m.) ♥	Adults
9/22	Cardio Sculpt (12:30-1 p.m.) ♥♥♥	Adults
9/22	Gratitude Yoga (6-7 p.m.) ♥	Adults
9/23	Zumba® (10:30-11:30 a.m.) ♥	Adults
9/23	Pam's Yoga (12-1 p.m.) ♥	Adults
9/23	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
9/26	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
9/26	PiYo (12-1 p.m.) ♥	Adults
9/26	Tai Chi (6-7 p.m.) ♥	Adults
9/27	Yoga (12-1 p.m.) ♥	Adults
9/27	Masala Bhangra (5:30-6:30 p.m.) ♥	Adults
9/28	Zumba® (9-10 a.m.) ♥	Adults
9/28	Gratitude Yoga (12-1 p.m.) ♥	Adults
9/28	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
9/28	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
9/29	Pilates (5-5:45 p.m.) ♥♥	Adults
9/29	Gratitude Yoga (6-7 p.m.) ♥	Adults
9/30	Zumba® (10:30-11:30 a.m.) ♥	Adults
9/30	Pilates (12-1 p.m.) ♥	Adults
9/30	Tabata (5:15-5:45 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
9/3	Dermascan (2-4 p.m.)	Adults
9/7	Stress and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
9/8	MRSA: Methicillin Resistant Staphylococcus Aureus (1-2 p.m. & 5-6 p.m.)	Adults



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WORKSHOPS/SEMINARS <i>(Free for everyone unless noted otherwise.)</i>		Age Group
9/14	What Your Numbers Mean: Overview of Screening Tests and Results (1-2 p.m. & 5-6 p.m.)	Adults
9/15	Food Safety (1-2 p.m. & 5-6 p.m.)	Adults
9/16	Interactive Nutrition Display (12-1 p.m.)	Adults
9/17	OrganWise® Guys Dental (12 p.m.-1 p.m.)	Children
9/21	Healthy Habits for Children and Families (1-2 p.m. & 5-6 p.m.)	Adults
9/22	Emergency Preparedness (1-2 p.m. & 5-6 p.m.)	Adults
9/28	Living Healthier (1-2 p.m. & 5-6 p.m.)	Adults
9/29	Back to Basics—A Guide to a Healthy Back (1-2 p.m. & 5-6 p.m.)	Adults
9/30	Interactive Nutrition Display (12-1 p.m.)	Adults
9/30	Dermascan (4-6 p.m.)	Adults

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The OrganWise Guys, Inc. is an independent company whose products and services are not BlueCross products and services. The OrganWise Guys, Inc. is solely responsible for this wellness program.