

Capital BLUE

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



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855.505.BLUE (2583)
CapitalBlueStore.com

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

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MAY 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	Walking Works (10 a.m. and 6 p.m.) ♥	Everyone
5/12	Dermascan (2-4 p.m.)	Adults
5/26	Dermascan (2-4 p.m.)	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
5/1	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
5/1	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
5/1	PiYo (12-1 p.m.) ♥♥♥	Adults
5/1	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
5/2	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
5/2	POUND® (10-11 a.m.) ♥♥	Adults
5/2	Yoga (12-1 p.m.) ♥	Adults
5/2	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
5/2	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
5/3	Zumba® (9-10 a.m.) ♥♥	Adults
5/3	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/3	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
5/3	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
5/4	Masala Bhangra (9-10 a.m.) ♥♥	Adults
5/4	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
5/4	Pilates (5-5:45 p.m.) ♥♥	Adults
5/4	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
5/5	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
5/5	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
5/5	Senior Seated Stretching (12-12:30 p.m.) ♥	Adults
5/6	Zumba® Toning (9-10 a.m.) ♥♥	Adults
5/6	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
5/8	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
5/8	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
5/8	PiYo (12-1 p.m.) ♥♥♥	Adults
5/9	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
5/9	POUND® (10-11 a.m.) ♥♥	Adults
5/9	Mindfulness Yoga (12-1 p.m.) ♥	Adults
5/9	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
5/9	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
5/9	Salsa/Latin Dance Lessons (6-7 p.m.) ♥	Adults
5/10	Zumba® (9-10 a.m.) ♥♥	Adults
5/10	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
5/10	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
5/10	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
5/11	Masala Bhangra (9-10 a.m.) ♥♥	Adults
5/11	POUND® (10:15-11:15 a.m.) ♥♥	Adults
5/11	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
5/11	Tabata Body Sculpting (1-2 p.m.) ♥♥♥♥	Adults
5/11	Pilates (5-5:45 p.m.) ♥♥	Adults
5/11	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
5/12	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥♥	Adults
5/12	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
5/12	Pam's Yoga (12-1 p.m.) ♥	Adults
5/12	Cardio Kickboxing (5:15-5:45 p.m.) ♥♥	Adults
5/13	Zumba® Toning (9-10 a.m.) ♥♥	Adults
5/15	Cardio Kickboxing (9-10 a.m.) ♥♥♥♥	Adults
5/15	Athletic Conditioning (10:15-11 a.m.) ♥♥♥♥	Adults
5/15	PiYo (12-1 p.m.) ♥♥♥♥	Adults
5/15	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
5/16	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
5/16	POUND® (10-11 a.m.) ♥♥	Adults
5/16	Yoga (12-1 p.m.) ♥	Adults
5/16	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
5/16	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
5/17	Zumba® (9-10 a.m.) ♥♥	Adults
5/17	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/17	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
5/18	Masala Bhangra (9-10 a.m.) ♥♥	Adults
5/18	POUND® (10:15-11:15 a.m.) ♥♥	Adults
5/18	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
5/18	Tabata Body Sculpting (1-2 p.m.) ♥♥♥♥	Adults
5/18	Pilates (5-5:45 p.m.) ♥♥	Adults
5/18	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
5/19	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥♥	Adults
5/19	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
5/19	Pilates (12-1 p.m.) ♥	Adults
5/20	Zumba® Toning (9-10 a.m.) ♥♥	Adults
5/20	Cardio Sculpt (11-11:45 a.m.) ♥♥♥♥	Adults
5/22	Cardio Kickboxing (9-10 a.m.) ♥♥♥♥	Adults
5/22	Athletic Conditioning (10:15-11 a.m.) ♥♥♥♥	Adults
5/22	PiYo (12-1 p.m.) ♥♥♥♥	Adults

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
5/22	Tai Chi (6-7 p.m.) ♥	Adults
5/23	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
5/23	POUND® (10-11 a.m.) ♥♥	Adults
5/23	Mindfulness Yoga (12-1 p.m.) ♥	Adults
5/23	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
5/23	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
5/23	Salsa/Latin Dance Lessons (6-7 p.m.) ♥	Adults
5/24	Zumba® (9-10 a.m.) ♥♥	Adults
5/24	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/24	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
5/24	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
5/25	Masala Bhangra (9-10 a.m.) ♥♥	Adults
5/25	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
5/25	Pilates (5-5:45 p.m.) ♥♥	Adults
5/25	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
5/26	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
5/26	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
5/26	Pam's Yoga (12-1 p.m.) ♥	Adults
5/27	Zumba® Toning (9-10 a.m.) ♥♥	Adults
5/29	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
5/29	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
5/29	PiYo (12-1 p.m.) ♥♥♥	Adults
5/29	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
5/30	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
5/30	POUND® (10-11 a.m.) ♥♥	Adults
5/30	Yoga (12-1 p.m.) ♥	Adults
5/30	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
5/30	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
5/31	Zumba® (9-10 a.m.) ♥♥	Adults
5/31	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/31	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
5/31	Butts and Guts (6-6:30 p.m.) ♥♥	Adults

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WORKSHOPS/SEMINARS <i>(Free for everyone unless noted otherwise.)</i>		Age Group
5/3	Common Bone Disorders (1-2 p.m. and 5-6 p.m.)	Adults
5/4	Healthy Weight Loss (1-2 p.m. and 5-6 p.m.)	Adults
5/10	Emergency Preparedness (1-2 p.m. and 5-6 p.m.)	Adults
5/11	Food Safety (1-2 p.m. and 5-6 p.m.)	Adults
5/17	Healthy Eating on the Go (1-2 p.m. and 5-6 p.m.)	Adults
5/18	Balancing Healthy Lifestyle Choices (1-2 p.m. and 5-6 p.m.)	Adults
5/24	Summer Safety (1-2 p.m. and 5-6 p.m.)	Adults
5/25	Diabetes (1-2 p.m. and 5-6 p.m.)	Adults
5/31	Heart Disease (1-2 p.m. and 5-6 p.m.)	Adults

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