

Capital BLUE

Find your healthy place. Start here.

JUNE

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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.

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	Body Mass Index Checks (all day)	Everyone
6/3	Health Fair (11 a.m.-2 p.m.)	Adults
6/9	Dermascan (4-6 p.m.)	Adults
6/23	Dermascan (1-3 p.m.)	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
6/1	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/1	POUND® (10:15-11:15 a.m.) ♥♥	Adults
6/1	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
6/1	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
6/1	Pilates (5-5:45 p.m.) ♥♥	Adults
6/1	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
6/2	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
6/2	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
6/2	Pam's Yoga (12-1 p.m.) ♥	Adults
6/2	Meditation (1:15-1:45 p.m.) ♥	Adults
6/3	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/3	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
6/5	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
6/5	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
6/5	PiYo (12-1 p.m.) ♥♥♥	Adults
6/5	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
6/5	Tai Chi (5:15-6:15 p.m.) ♥	Adults
6/6	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
6/6	POUND® (10-11 a.m.) ♥♥	Adults
6/6	Mindfulness Yoga (12-1 p.m.) ♥	Adults
6/6	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
6/6	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
6/6	Salsa/ Latin Dance Lessons (6-7 p.m.) ♥	Adults
6/7	Zumba® (9-10 a.m.) ♥♥	Adults
6/7	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/7	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
6/7	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
6/8	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/8	POUND® (10:15-11:15 a.m.) ♥♥	Adults
6/8	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
6/8	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
6/8	Pilates (5-5:45 p.m.) ♥♥	Adults
6/8	Gratitude Yoga (6-7 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
6/9	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
6/9	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
6/9	Pilates (12-1 p.m.) ♥	Adults
6/9	Meditation (1:15-1:45 p.m.) ♥	Adults
6/10	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/10	Power Toning (11-11:45 a.m.) ♥♥	Adults
6/12	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
6/12	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
6/12	PiYo (12-1 p.m.) ♥♥♥	Adults
6/12	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
6/13	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
6/13	POUND® (10-11 a.m.) ♥♥	Adults
6/13	Yoga (12-1 p.m.) ♥	Adults
6/13	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
6/13	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
6/14	Zumba® (9-10 a.m.) ♥♥	Adults
6/14	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/14	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
6/14	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
6/14	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
6/15	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/15	POUND® (10:15-11:15 a.m.) ♥♥	Adults
6/15	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
6/15	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
6/15	Pilates (5-5:45 p.m.) ♥♥	Adults
6/15	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
6/16	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
6/16	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
6/16	Pam's Yoga (12-1 p.m.) ♥	Adults
6/16	Meditation (1:15-1:45 p.m.) ♥	Adults
6/17	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/17	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
6/19	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
6/19	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
6/19	PiYo (12-1 p.m.) ♥♥♥	Adults
6/19	Tai Chi (5:15-6:15 p.m.) ♥	Adults
6/20	Mindfulness Yoga (12-1 p.m.) ♥	Adults
6/20	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
6/20	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults

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6/20	Salsa/ Latin Dance Lessons (6-7 p.m.) ♥	Adults
6/21	Zumba® (9-10 a.m.) ♥♥	Adults
6/21	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/21	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
6/21	Power Toning (5:15-5:45 p.m.) ♥♥	Adults
6/21	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
6/22	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/22	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
6/22	Pilates (5-5:45 p.m.) ♥♥	Adults
6/22	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
6/23	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
6/23	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
6/23	Pilates (12-1 p.m.) ♥	Adults
6/23	Meditation (1:15-1:45 p.m.) ♥	Adults
6/24	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/24	Power Toning (11-11:45 a.m.) ♥♥	Adults
6/26	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
6/26	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
6/26	PiYo (12-1 p.m.) ♥♥♥	Adults
6/26	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
6/27	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
6/27	POUND® (10-11 a.m.) ♥♥	Adults
6/27	Yoga (12-1 p.m.) ♥	Adults
6/27	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
6/27	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
6/28	Zumba® (9-10 a.m.) ♥♥	Adults
6/28	Gratitude Yoga (12-1 p.m.) ♥	Adults
6/28	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
6/28	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
6/28	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
6/29	Masala Bhangra (9-10 a.m.) ♥♥	Adults
6/29	POUND® (10:15-11:15 a.m.) ♥♥	Adults
6/29	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
6/29	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
6/29	Pilates (5-5:45 p.m.) ♥♥	Adults
6/29	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
6/30	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
6/30	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
6/30	Pam's Yoga (12-1 p.m.) ♥	Adults

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
6/30	Meditation (1:15-1:45 p.m.) ♥	Adults

WORKSHOPS/SEMINARS (Free for everyone unless noted otherwise.)		Age Group
6/1	What Your Numbers Mean (1-2 p.m. and 5-6 p.m.)	Adults
6/7	Living Healthier (1-2 p.m. and 5-6 p.m.)	Adults
6/15	High Blood Pressure (1-2 p.m. and 5-6 p.m.)	Adults
6/22	Heart Health (1-2 p.m. and 5-6 p.m.)	Adults
6/28	Stress and Your Health (1-2 p.m. and 5-6 p.m.)	Adults
6/29	Summer Safety (1-2 p.m. and 5-6 p.m.)	Adults

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