

Capital BLUE

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FEBRUARY

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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.

FEBRUARY 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 |
| 2/3 | Senior Social (12-1:30 p.m.) | Seniors |

| FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.) | | Age Group |
|--|--|-----------|
| 2/1 | Zumba® (9-10 a.m.) ♥ | Adults |
| 2/1 | Gratitude Yoga (12-1 p.m.) ♥ | Adults |
| 2/1 | Zumba® (5:15-5:45 p.m.) ♥♥ | Adults |
| 2/1 | Butts and Glutes (6-6:30 p.m.) ♥♥ | Adults |
| 2/2 | Masala Bhangra (9-10 a.m.) ♥ | Adults |
| 2/2 | POUND® (10:15-11:15 a.m.) ♥♥ | Adults |
| 2/2 | R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥ | Adults |
| 2/2 | Tabata/Sculpt Fitness (1-2 p.m.) ♥♥♥ | Adults |
| 2/2 | Pilates (5-5:45 p.m.) ♥♥ | Adults |
| 2/2 | Gratitude Yoga (6-7 p.m.) ♥ | Adults |
| 2/3 | HIIT Challenge (9:30-10:15 a.m.) ♥♥♥ | Adults |
| 2/3 | Zumba® (10:30-11:30 a.m.) ♥ | Adults |
| 2/3 | Senior Seated Stretching (12-12:30 p.m.) ♥ | Seniors |
| 2/3 | Cardio Kickboxing (5:15-5:45 p.m.) ♥♥ | Adults |
| 2/4 | Cardio Sculpt (11-11:45 a.m.) ♥♥♥ | Adults |
| 2/6 | Cardio Kickboxing (9-10 a.m.) ♥ | Adults |
| 2/6 | PiYo (12-1 p.m.) ♥♥♥ | Adults |
| 2/6 | Power Toning (5:30-6:15 p.m.) ♥♥ | Adults |
| 2/7 | R.I.P.P.E.D. (9-10 a.m.) ♥♥ | Adults |
| 2/7 | POUND® (10-11 a.m.) ♥♥ | Adults |
| 2/7 | Yoga (12-1 p.m.) ♥ | Adults |
| 2/7 | Latin Dance Lessons (1:30 to 2:30 p.m.) ♥ | Everyone |
| 2/7 | Tabata Bootcamp (5:30-6:30 p.m.) ♥♥ | Adults |
| 2/8 | Zumba® (9-10 a.m.) ♥ | Adults |
| 2/8 | Gratitude Yoga (12-1 p.m.) ♥ | Adults |
| 2/8 | Tabata (5:15-5:45 p.m.) ♥♥♥ | Adults |
| 2/8 | Butts and Glutes (6-6:30 p.m.) ♥♥ | Adults |
| 2/9 | Masala Bhangra (9-10 a.m.) ♥ | Adults |
| 2/9 | POUND® (10:15-11:15 a.m.) ♥♥ | Adults |
| 2/9 | R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥ | Adults |
| 2/9 | Tabata/Sculpt Fitness (1-2 p.m.) ♥♥♥ | Adults |
| 2/9 | Pilates (5-5:45 p.m.) ♥♥ | Adults |
| 2/9 | Gratitude Yoga (6-7 p.m.) ♥ | Adults |
| 2/10 | HIIT Challenge (9:30-10:15 a.m.) ♥♥♥ | Adults |
| 2/10 | Zumba® (10:30-11:30 a.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 |
|--|---|-----------|
| 2/10 | Pilates (12-1 p.m.) ♥ | Adults |
| 2/10 | Cardio Kickboxing (5:15-5:45 p.m.) ♥♥ | Adults |
| 2/11 | Power Toning (11-11:45 a.m.) ♥♥ | Adults |
| 2/13 | Cardio Kickboxing (9-10 a.m.) ♥ | Adults |
| 2/13 | PiYo (12-1 p.m.) ♥♥♥ | Adults |
| 2/13 | Tai Chi (6-7 p.m.) ♥ | Adults |
| 2/14 | R.I.P.P.E.D. (9-10 a.m.) ♥♥ | Adults |
| 2/14 | POUND® (10-11 a.m.) ♥♥ | Adults |
| 2/14 | Mindfulness Yoga (12-1 p.m.) ♥ | Adults |
| 2/14 | Latin Dance Lessons (1:30 to 2:30 p.m.) ♥ | Everyone |
| 2/14 | Turbo Kickboxing (5-5:45 p.m.) ♥♥ | Adults |
| 2/14 | Latin Dance Lessons (6-7 p.m.) ♥ | Everyone |
| 2/15 | Zumba® (9-10 a.m.) ♥ | Adults |
| 2/15 | Gratitude Yoga (12-1 p.m.) ♥ | Adults |
| 2/15 | Power Toning (5:15-5:45 p.m.) ♥♥ | Adults |
| 2/15 | Butts and Glutes (6-6:30 p.m.) ♥♥ | Adults |
| 2/16 | Masala Bhangra (9-10 a.m.) ♥ | Adults |
| 2/16 | POUND® (10:15-11:15 a.m.) ♥♥ | Adults |
| 2/16 | R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥ | Adults |
| 2/16 | Tabata/Sculpt Fitness (1-2 p.m.) ♥♥♥ | Adults |
| 2/16 | Gratitude Yoga (6-7 p.m.) ♥ | Adults |
| 2/17 | HIIT Challenge (9:30-10:15 a.m.) ♥♥♥ | Adults |
| 2/17 | Zumba® (10:30-11:30 a.m.) ♥ | Adults |
| 2/17 | Pam's Yoga (12-1 p.m.) ♥ | Adults |
| 2/18 | Kids' Zumba® (11-11:30 a.m.) ♥ | Children |
| 2/20 | Cardio Kickboxing (9-10 a.m.) ♥ | Adults |
| 2/20 | PiYo (12-1 p.m.) ♥♥♥ | Adults |
| 2/21 | R.I.P.P.E.D. (9-10 a.m.) ♥♥ | Adults |
| 2/21 | POUND® (10-11 a.m.) ♥♥ | Adults |
| 2/21 | Yoga (12-1 p.m.) ♥ | Adults |
| 2/21 | Latin Dance Lessons (1:30 to 2:30 p.m.) ♥ | Everyone |
| 2/21 | Tabata Bootcamp (5:30-6:30 p.m.) ♥♥ | Adults |
| 2/22 | Zumba® (9-10 a.m.) ♥ | Adults |
| 2/22 | Gratitude Yoga (12-1 p.m.) ♥ | Adults |
| 2/22 | Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥ | Adults |
| 2/22 | Butts and Glutes (6-6:30 p.m.) ♥♥ | Adults |
| 2/23 | Masala Bhangra (9-10 a.m.) ♥ | Adults |
| 2/23 | POUND® (10:15-11:15 a.m.) ♥♥ | Adults |
| 2/23 | R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥ | Adults |

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

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| FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.) | | Age Group |
|--|---|-----------|
| 2/23 | Tabata/Sculpt Fitness (1-2 p.m.) ♥♥♥ | Adults |
| 2/23 | Gratitude Yoga (6-7 p.m.) ♥ | Adults |
| 2/24 | HIIT Challenge (9:30-10:15 a.m.) ♥♥♥ | Adults |
| 2/24 | Zumba® (10:30-11:30 a.m.) ♥ | Adults |
| 2/24 | Pilates (12-1 p.m.) ♥ | Adults |
| 2/25 | Power Toning (11-11:45 a.m.) ♥♥ | Adults |
| 2/27 | Cardio Kickboxing (9-10 a.m.) ♥ | Adults |
| 2/27 | PiYo (12-1 p.m.) ♥♥♥ | Adults |
| 2/27 | Tai Chi (6-7 p.m.) ♥ | Adults |
| 2/28 | R.I.P.P.E.D. (9-10 a.m.) ♥♥ | Adults |
| 2/28 | POUND® (10-11 a.m.) ♥♥ | Adults |
| 2/28 | Mindfulness Yoga (12-1 p.m.) ♥ | Adults |
| 2/28 | Latin Dance Lessons (1:30 to 2:30 p.m.) ♥ | Everyone |
| 2/28 | Turbo Kickboxing (5-5:45 p.m.) ♥♥ | Adults |
| 2/28 | Latin Dance Lessons (6-7 p.m.) ♥ | Everyone |

*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 |
|--|--|-----------|
| 2/1 | Healthy Weight Loss (1-2 p.m. & 5-6 p.m.) | Adults |
| 2/2 | Maintaining Healthy Eating and Exercise Habits When it is not Easy (1-2 p.m. & 5-6 p.m.) | Adults |
| 2/8 | Heart Disease (1-2 p.m. & 5-6 p.m.) | Adults |
| 2/9 | Sleep and Your Health (1-2 p.m. & 5-6 p.m.) | Adults |
| 2/10 | Interactive Nutrition Display (12-1 p.m.) | Adults |
| 2/15 | Emergency Preparedness (1-2 p.m. & 5-6 p.m.) | Adults |
| 2/16 | Be Free From Tobacco (1-2 p.m.) | Children |
| 2/22 | High Blood Pressure (1-2 p.m. & 5-6 p.m.) | Children |
| 2/23 | Is it a Cold or the Flu? (1-2 p.m. & 5-6 p.m.) | Adults |
| 2/24 | Interactive Nutrition Display (12-1 p.m.) | Adults |