

# Capital BLUE

Find your  
healthy place.  
Start here.

## APRIL

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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.

## APRIL SCHEDULE for Capital Blue at Saucon Valley

Go to [CapitalBlueStore.com](http://CapitalBlueStore.com) for  
class descriptions and to register

EVENTS (Free for everyone unless noted otherwise.)		Age Group
4/1	Senior Social (11:30 a.m.-12 p.m.)	Seniors
4/23	Carnival of Health Community Health Fair (11 a.m.-2 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
4/1	Senior Seated Stretching (11-11:30 a.m.) ♥	Seniors
4/1	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
4/4	PiYo (12-1 p.m.) ♥	Adults
4/4	Tai Chi (6-7 p.m.) ♥	Adults
4/5	Yoga (12-1 p.m.) ♥	Adults
4/5	Tabata Boot Camp (5-6 p.m.) ♥♥♥	Adults
4/5	Booty Barre (6-6:30 p.m.) ♥♥	Adults
4/6	Gratitude Yoga (12-1 p.m.) ♥	Adults
4/6	Zumba® (5:30-6 p.m.) ♥♥	Adults
4/6	Hi/Low Aerobics (6-6:30 p.m.) ♥♥	Adults
4/7	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
4/7	Masala Bhangra (12-1 p.m.) ♥♥	Adults
4/7	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
4/8	Pilates (11-11:30 a.m.) ♥	Adults
4/11	Yoga (12-1 p.m.) ♥	Adults
4/11	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
4/12	Pilates (12-12:45 p.m.) ♥♥	Adults
4/12	Zumba (5-6 p.m.) ♥♥	Adults
4/13	Gratitude Yoga (12-1 p.m.) ♥	Adults
4/13	Booty Barre (5:30-6 p.m.) ♥♥	Adults
4/13	Hi/Low Aerobics (6-6:30 p.m.) ♥♥	Adults
4/14	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
4/14	Boot Camp (12-12:30 p.m.) ♥♥♥	Adults
4/15	Pam's Yoga (11-11:30 a.m.) ♥	Adults
4/15	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
4/16	Kid's Yoga (11-12 p.m.) ♥	Children
4/18	PiYo (12-1 p.m.) ♥	Adults
4/18	Fitness Components (6-6:30 p.m.) ♥♥♥	Adults
4/19	Cardio Kickboxing (12-12:45 p.m.) ♥♥	Adults
4/19	Masala Bhangra (5-6 p.m.) ♥♥	Adults
4/20	Gratitude Yoga (12-1 p.m.) ♥	Adults
4/20	Zumba (5:30-6 p.m.) ♥♥	Adults
4/20	Booty Barre (6-6:30 p.m.) ♥♥	Adults
4/21	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
4/21	Masala Bhangra (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
4/21	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
4/21	Cardio Kickboxing (6-6:30 p.m.) ♥♥♥	Adults
4/22	Pilates (11-11:30 a.m.) ♥	Adults
4/22	Yoga (12-1 p.m.) ♥	Adults
4/22	Cardio Kickboxing (5:30-6:15 p.m.) ♥♥	Adults
4/25	PiYo (12-1 p.m.) ♥	Adults
4/25	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
4/26	Zumba (5-6 p.m.) ♥♥	Adults
4/27	Gratitude Yoga (12-1 p.m.) ♥	Adults
4/27	Booty Barre (5:30-6 p.m.) ♥♥	Adults
4/27	Hi/Low Aerobics (6-6:30 p.m.) ♥♥	Adults
4/28	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
4/28	Abtastic Torture (12-12:30 p.m.) ♥♥♥	Adults
4/28	Pilates (5:30-6:15 p.m.) ♥♥	Adults
4/29	Pam's Yoga (11-11:30 a.m.) ♥	Adults
4/29	Tai Chi (1-2 p.m.) ♥	Adults
4/29	30-Minute Shred (5:30-6 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
4/6	Stress and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
4/7	Choosing the Best Place for Health Care (1-2 p.m. & 5-6 p.m.)	Adults
4/13	Sleep and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
4/14	Nutrition: Your Guide to Eating Healthy (1-2 p.m. & 5-6 p.m.)	Adults
4/16	OrganWise® Guys (12-1 p.m.)	Children
4/20	Headaches (1-2 p.m. & 5-6 p.m.)	Adults
4/21	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults
4/27	High Blood Pressure (1-2 p.m. & 5-6 p.m.)	Adults
4/28	What Your Numbers Mean (1-2 p.m. & 5-6 p.m.)	Adults

On behalf of Capital BlueCross, The OrganWise Guys, Inc. assist in the administration of this wellness education program. The OrganWise Guys, Inc. is an independent company.