

Capital BLUE

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healthy place.
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AUGUST

S	M	T	W	T	F	S
	1	2	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	31			

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.

AUGUST 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
8/5	Senior Social (11:30 a.m.-1 p.m. & Senior Seated Stretching from 11:30-12 p.m.)	Seniors
8/17	Senior Social (11 a.m.-1 p.m. & Gratitude Yoga from 12-1 p.m.)	Seniors

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
8/1	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
8/1	PiYo (12-1 p.m.) ♥	Adults
8/1	Fitness Components (6-6:30 p.m.) ♥♥	Adults
8/2	Cardio Kickboxing (12-12:45 p.m.) ♥♥	Adults
8/2	Turbo Kickboxing (5-6 p.m.) ♥♥	Adults
8/3	Zumba® (9-10 a.m. & 5:15-5:45 p.m.) ♥	Adults
8/3	Tabata (12-12:30 p.m.) ♥♥♥	Adults
8/3	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
8/4	Mindfulness Yoga (12-1 p.m.) ♥	Adults
8/4	Turbo Kickboxing (5-6 p.m.) ♥♥	Adults
8/5	Zumba® (10:30-11:30 a.m.) ♥	Adults
8/5	Senior Seated Stretching (11:30 a.m.-12 p.m.) ♥	Seniors
8/8	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
8/8	PiYo (12-1 p.m.) ♥	Adults
8/8	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
8/9	Missi's Athletic Step Class (12-12:30 p.m.) ♥♥	Adults
8/9	Pilates (6-6:45 p.m.) ♥	Adults
8/10	Zumba® (9-10 a.m.) ♥	Adults
8/10	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/10	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
8/10	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
8/11	Masala Bhangra (9-10 a.m.) ♥	Adults
8/11	Yoga (12-1 p.m.) ♥	Adults
8/11	Power Toning (6-6:45 p.m.) ♥♥	Adults
8/12	Pam's Yoga (12-1 p.m.) ♥	Adults
8/12	Zumba® (10:30-11:30 a.m.) ♥	Adults
8/15	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
8/15	PiYo (12-1 p.m.) ♥	Adults
8/15	Fitness Components (6-6:30 p.m.) ♥♥	Adults
8/16	Zumba® (12-1 p.m.) ♥	Adults
8/16	Missi's Athletic Step Class (6-6:30 p.m.) ♥♥	Adults
8/17	Zumba® (9-10 a.m. & 5:15-5:45 p.m.) ♥	Adults
8/17	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/17	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
8/18	Masala Bhangra (9-10 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
8/18	Mindfulness Yoga (12-1 p.m.) ♥	Adults
8/18	Cardio Kickboxing (6-6:45 p.m.) ♥♥	Adults
8/19	Zumba® (10:30-11:30 a.m.) ♥	Adults
8/19	Pilates (12-1 p.m.) ♥	Adults
8/22	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
8/22	Tai Chi (6-7 p.m.) ♥	Adults
8/23	Mindfulness Yoga (12-1 p.m.) ♥	Adults
8/23	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
8/24	Zumba® (9-10 a.m.) ♥	Adults
8/24	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/24	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
8/24	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
8/25	Masala Bhangra (9-10 a.m.) ♥	Adults
8/25	Yoga (12-1 p.m.) ♥	Adults
8/25	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
8/26	Zumba® (10:30-11:30 a.m.) ♥	Adults
8/26	Pilates (12-1 p.m.) ♥	Adults
8/29	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
8/29	PiYo (12-1 p.m.) ♥	Adults
8/29	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
8/30	Yoga (12-1 p.m.) ♥	Adults
8/30	Power Toning (6-6:45 p.m.) ♥♥	Adults
8/31	Zumba® (9-10 a.m. & 5:15-5:45 p.m.) ♥	Adults
8/31	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/31	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

WORKSHOPS/SEMINARS (Free for everyone unless noted otherwise.)		Age Group
8/3	Maintaining Good Eating and Exercise Habits When It Isn't Easy (1-2 p.m. & 5-6 p.m.)	Adults
8/4	Headaches (1-2 p.m. & 5-6 p.m.)	Adults
8/8	Derma Scan (2-4 p.m.)	Adults
8/10	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults
8/11	Healthy Lunch Display (1-2 p.m. & 5-6 p.m.)	Adults
8/11	Travel Safety (1-2 p.m. & 5-6 p.m.)	Adults
8/17	Derma Scan (5-7 p.m.)	Adults
8/18	Emergency Preparedness (1-2 p.m. & 5-6 p.m.)	Adults
8/24	Healthy Lunch Display (1-2 p.m. & 5-6 p.m.)	Adults
8/24	Nutrition: Your Guide to Eating Healthy (1-2 p.m. & 5-6 p.m.)	Adults
8/25	Be Free From Tobacco (1-2 p.m. & 5-6 p.m.)	Seniors
8/27	Derma Scan (12-2 p.m.)	Adults
8/31	Simply Fitness (1-2 p.m. & 5-6 p.m.)	Adults