

Capital BLUE

Find your healthy place. Start here.

JULY

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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.

JULY 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
7/1	Senior Social (12-1:30 p.m.)	Seniors
7/20	Senior Social (11 a.m.-1 p.m.)	Seniors
7/26	Doodling with Ellen (5-7 p.m.) Cost \$23	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
7/1	Zumba® (10:30-11:30 a.m.) ♥	Adults
7/1	Senior Seated Stretching (11:30 a.m.-12 p.m.) ♥	Seniors
7/1	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
7/2	Turbo Kickboxing (9-10 a.m.) ♥♥	Adults
7/2	30-Minute Shred (12-12:30 p.m.) ♥♥♥	Adults
7/5	Yoga (12-1 p.m.) ♥	Adults
7/5	Masala Bhangra (5-6 p.m.) ♥	Adults
7/5	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
7/6	Zumba® (9-10 a.m.) ♥	Adults
7/6	Gratitude Yoga (12-1 p.m.) ♥	Adults
7/6	Zumba® (5:15-5:45 p.m.) ♥	Adults
7/6	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
7/7	Masala Bhangra (9-10 a.m.) ♥♥♥	Adults
7/7	Mindfulness Yoga (1-2 p.m.) ♥	Adults
7/7	Pilates (6-6:45 p.m.) ♥♥	Adults
7/8	Zumba® (10:30-11:30 a.m.) ♥	Adults
7/8	Pam's Yoga (12-1 p.m.) ♥	Adults
7/9	Kid's Zumba (11-11:30 a.m.) ♥	Children
7/11	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
7/11	Zumba® (11-11:30 a.m.) ♥♥	Adults
7/11	PiYo (12-1 p.m.) ♥	Adults
7/12	Cardio Kickboxing (12-12:45 p.m.) ♥♥	Adults
7/12	Mindfulness Yoga (1-2 p.m.) ♥	Adults
7/12	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
7/12	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
7/13	Zumba® (9-10 a.m.) ♥	Adults
7/13	Gratitude Yoga (12-1 p.m.) ♥	Adults
7/13	Power Toning (5:15-5:45 p.m.) ♥♥♥	Adults
7/13	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
7/14	Masala Bhangra (9-10 a.m.) ♥♥♥	Adults
7/14	Yoga (12-1 p.m.)	Adults
7/14	Power Toning (6-6:45 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
7/15	Zumba® (10:30-11:30 a.m.) ♥	Adults
7/15	Pilates (12-1 p.m.) ♥	Adults
7/15	Missi's Athletic Step Class (5:15-5:45 p.m.) ♥♥	Adults
7/16	Turbo Kickboxing (9-10 a.m.) ♥♥	Adults
7/18	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
7/18	Tabata (11-11:30 a.m.) ♥♥	Adults
7/18	PiYo (12-1 p.m.) ♥	Adults
7/18	Tai Chi (6-7 p.m.) ♥	Adults
7/19	Yoga (12-1 p.m.) ♥	Adults
7/19	Tabata Boot Camp (5-6 p.m.) ♥♥	Adults
7/19	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
7/20	Zumba® (9-10 a.m.) ♥	Adults
7/20	Gratitude Yoga (12-1 p.m.) ♥	Adults
7/20	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
7/20	30-Minute Shred (6-6:30 p.m.) ♥♥♥	Adults
7/21	Masala Bhangra (9-10 a.m.) ♥♥♥	Adults
7/21	Mindfulness Yoga (1-2 p.m.) ♥	Adults
7/21	PiYo (5:30-6:30 p.m.) ♥	Adults
7/22	Zumba® (10:30-11:30 a.m.) ♥	Adults
7/22	Pam's Yoga (12-1 p.m.) ♥	Adults
7/25	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
7/25	Zumba® (11-11:30 a.m.) ♥♥	Adults
7/25	PiYo (12-1 p.m.) ♥	Adults
7/25	Fitness Components (6-6:30 p.m.) ♥♥♥	Adults
7/26	Mindfulness Yoga (1-2 p.m.) ♥	Adults
7/26	Missi's Athletic Step Class (5:45-6:15 p.m.) ♥♥	Adults
7/27	Zumba® (9-10 a.m.) ♥	Adults
7/27	Gratitude Yoga (12-1 p.m.) ♥	Adults
7/27	Zumba® (5:15-5:45 p.m.) ♥	Adults
7/27	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
7/28	Masala Bhangra (9-10 a.m.) ♥♥♥	Adults
7/28	Pilates (6-6:45 p.m.) ♥♥	Adults
7/29	Zumba® (10:30-11:30 a.m.) ♥	Adults
7/29	Pam's Yoga (6-7 p.m.) ♥	Adults
7/30	Turbo Kickboxing (9-10 a.m.) ♥♥	Adults

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

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WORKSHOPS / SEMINARS <i>(Free for everyone unless noted otherwise.)</i>		Age Group
7/6	Stress and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
7/7	Summer Safety (1-2 p.m. & 5-6 p.m.)	Adults
7/11	Dermascan (2-4 p.m.)	Adults
7/13	What Your Numbers Mean (1-2 p.m. & 5-6 p.m.)	Adults
7/14	Food Safety (1-2 p.m. & 5-6 p.m.)	Adults
7/21	Sleep and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
7/23	Dermascan (2-4 p.m.)	Adults
7/27	High Blood Pressure (1-2 p.m. & 5-6 p.m.)	Adults
7/28	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults

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