

Capital BLUE

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healthy place.
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MARCH

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.

MARCH 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
3/4	Senior Social (11:30 a.m.-12 p.m.)	Seniors
3/12	Kids Saint Patrick's Day Party (12-2 p.m.)	Children
3/26	Kids Egg Hunt (12-2 p.m.)	Children

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
3/1	Yoga (12-1 p.m.) ♥	Adults
3/1	30 Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
3/2	Booty Barre™ (5:15-5:45 p.m.) ♥♥	Adults
3/3	Mommy and Me Boot Camp (11:30 a.m.-12 p.m.) ♥♥	Everyone
3/3	Boot Camp (12-12:30 p.m.) ♥♥	Adults
3/3	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/4	Senior Seated Stretching (11-11:30 a.m.) ♥	Seniors
3/4	Zumba® (4:30-5:30 p.m.) ♥♥	Adults
3/7	PiYo (12-1 p.m.) ♥	Adults
3/7	Abtastic Torture (5-5:30 p.m.) ♥♥♥	Adults
3/8	Tabata Boot Camp (5-6 p.m.) ♥♥♥	Adults
3/9	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/9	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
3/10	Mommy and Me Boot Camp (11:30 a.m.-12 p.m.) ♥♥	Everyone
3/10	Fitness Components (4:30-5 p.m.) ♥♥	Adults
3/10	30 Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
3/11	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/11	Yoga (4:30-5:30 p.m.) ♥	Adults
3/12	Kids Yoga (11:30 a.m.-12 p.m.) ♥	Children
3/14	PiYo (12-1 p.m.) ♥	Adults
3/14	Fitness Components (5:15-5:45 p.m.) ♥♥	Adults
3/15	Masala Bhangra (5-6 p.m.) ♥	Adults
3/16	Yoga (12-1 p.m.) ♥	Adults
3/16	Booty Barre™ (5:15-5:45 p.m.) ♥♥	Adults
3/17	Mommy and Me Boot Camp (11:30 a.m.-12 p.m.) ♥♥	Everyone
3/17	Rosie's Insanity (12-12:30 p.m.) ♥♥♥	Adults
3/17	Abtastic Torture (4:30-5 p.m.) ♥♥♥	Adults
3/17	30 Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
3/18	Pilates and Pam's Yoga (12-1 p.m.) ♥	Adults
3/18	Tabata Boot Camp (4:30-5:30 p.m.) ♥♥♥	Adults
3/21	PiYo (12-1 p.m.) ♥	Adults
3/21	Abtastic Torture (5-5:30 p.m.) ♥♥♥	Adults
3/22	30 Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
3/23	Gratitude Yoga (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
3/23	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
3/24	Mommy and Me Boot Camp (11:30 a.m.-12 p.m.) ♥♥	Everyone
3/24	Zumba® (12-12:30 p.m.) ♥♥	Adults
3/24	Fitness Components (4:30-5 p.m.) ♥♥	Adults
3/24	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/25	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/25	30 Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
3/26	Kids Zumba (12:30-1 p.m.) ♥♥	Children
3/28	PiYo (12-1 p.m.) ♥	Adults
3/28	Fitness Components (5:15-5:45 p.m.) ♥♥	Adults
3/29	Zumba® (5-6 p.m.) ♥♥	Adults
3/30	Yoga (12-1 p.m.) ♥	Adults
3/30	Booty Barre™ (5:15-5:45 p.m.) ♥♥	Adults
3/31	Mommy and Me Boot Camp (11:30 a.m.-12 p.m.) ♥♥	Everyone
3/31	Boot Camp (12-12:30 p.m.) ♥♥	Adults
3/31	30 Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults

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

WORKSHOPS/SEMINARS (Free for everyone unless noted otherwise.)		Age Group
3/2	Sleep and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
3/3	Fad Diets (1-2 p.m. & 5-6 p.m.)	Adults
3/9	Better Nutrition (1-2 p.m. & 5-6 p.m.)	Adults
3/10	Back to Basics—A Guide to a Healthy Back (1-2 p.m. & 5-6 p.m.)	Adults
3/16	Stress and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
3/17	What Your Numbers Mean (1-2 p.m. & 5-6 p.m.)	Adults
3/23	Simply Fitness (1-2 p.m. & 5-6 p.m.)	Adults
3/24	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults
3/30	Be Free From Tobacco (1-2 p.m. & 5-6 p.m.)	Adults
3/31	Healthy Habits for Children and Families (1-2 p.m. & 5-6 p.m.)	Adults