

Capital BLUE

Find your
healthy place.
Start here.

MAY

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.

MAY SCHEDULE for Capital Blue at Saucon Valley

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

EVENTS (Free for everyone unless noted otherwise.)		Age Group
Everyday	WalkingWorks® (10:30-11 a.m. and 6-6:30 p.m.)	Adults
Everyday	Body Mass Index Checks (all day)	Everyone
5/6	Senior Social (11:30 a.m.-1 p.m.)	Seniors
5/7	Mother's Day Craft Fun (12-2 p.m.)	Children
5/18	Senior Social (11 a.m.-1 p.m.)	Seniors

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
5/2	PiYo (12-1 p.m.) ♥	Adults
5/2	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
5/3	Yoga (12-1 p.m.) ♥	Adults
5/3	Tabata Boot Camp (5-6 p.m.) ♥♥♥	Adults
5/3	30-Minute Shred (6:15-6:45 p.m.) ♥♥♥	Adults
5/4	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/4	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
5/5	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
5/5	Pilates (6-6:45 p.m.) ♥	Adults
5/6	Senior Seated Stretching (11:30 a.m.-12 p.m.) ♥	Seniors
5/6	Pilates (12-12:30 p.m.) ♥	Adults
5/9	Yoga (12-1 p.m.) ♥	Adults
5/9	Fitness Components (6-6:30 p.m.) ♥♥♥	Adults
5/10	Zumba (5-6 p.m.) ♥♥	Adults
5/11	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/11	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
5/11	Abtastic Torture (6:15-6:45 p.m.) ♥♥♥	Adults
5/12	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
5/12	Yoga (12-1 p.m.) ♥	Adults
5/12	Fitness Components (4:30-5 p.m.) ♥♥♥	Adults
5/12	30-Minute Shred (6:15-6:45 p.m.) ♥♥♥	Adults
5/13	Pam's Yoga (12-12:30 p.m.) ♥	Adults
5/14	Kid's Yoga (11 a.m.-12 p.m.) ♥	Children
5/16	PiYo (12-1 p.m.) ♥	Adults
5/16	Abtastic Torture (6-6:30 p.m.) ♥♥♥	Adults
5/17	Masala Bhangra (5-6 p.m.) ♥♥	Adults
5/18	Yoga (12-1 p.m.) ♥	Adults
5/18	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
5/18	30-Minute Shred (6:15-6:45 p.m.) ♥♥♥	Adults
5/19	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
5/19	Fitness Components (4:30-5 p.m.) ♥♥♥	Adults
5/19	Pilates (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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5/20	Pilates (12-12:30 p.m.) ♥	Adults
5/23	PiYo (12-1 p.m.) ♥	Adults
5/23	Tai Chi (6-7 p.m.) ♥	Adults
5/24	Yoga (12-1 p.m.) ♥	Adults
5/24	Abtastic Torture (4-4:30 p.m.) ♥♥♥	Adults
5/24	Zumba (5-6 p.m.) ♥♥	Adults
5/24	30-Minute Shred (6:15-6:45 p.m.) ♥♥♥	Adults
5/25	Gratitude Yoga (12-1 p.m.) ♥	Adults
5/25	Booty Barre (5:15-5:45 p.m.) ♥♥	Adults
5/26	Mommy and Me Boot Camp (9:30-10 a.m.) ♥♥	Everyone
5/26	Yoga (12-1 p.m.) ♥	Adults
5/26	Power Toning (6-6:45 p.m.) ♥♥	Adults
5/27	Pam's Yoga (12-12:30 p.m.) ♥	Adults
5/31	PiYo (12-1 p.m.) ♥	Adults
5/31	Tabata Boot Camp (5-6 p.m.) ♥♥♥	Adults

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

WORKSHOPS/SEMINARS (Free for everyone unless noted otherwise.)		Age Group
5/4	Summer Safety (1-2 p.m. & 5-6 p.m.)	Adults
5/5	Simply Fitness (1-2 p.m. & 5-6 p.m.)	Adults
5/9	Dermascan (3:30-5:30 p.m.)	Adults
5/11	Stress and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
5/12	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults
5/19	Food Safety (1-2 p.m. & 5-6 p.m.)	Adults
5/21	Dermascan (2-4 p.m.)	Adults
5/25	Women's Health (1-2 p.m. & 5-6 p.m.)	Adults
5/26	Nutrition: Your Guide to Eating Healthy (1-2 p.m. & 5-6 p.m.)	Adults
5/28	OrganWise® Guys (1-2 p.m.)	Children

The OrganWise Guys, Inc. is an independent company whose products and services are not BlueCross products and services. The OrganWise Guys, Inc. is solely responsible for this wellness program.