

Capital BLUE

Find your
healthy place.
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JANUARY

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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.

JANUARY 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
1/6	Senior Social (12-1:30 p.m.)	Seniors
1/18	Senior Social (11:30 a.m.-1 p.m.)	Seniors

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
1/2	Cardio Kickboxing (9-10 a.m.) ♥	Adults
1/2	PiYo (12-1 p.m.) ♥♥♥	Adults
1/2	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
1/3	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
1/3	POUND® (10-11 a.m.) ♥♥	Adults
1/3	Yoga (12-1 p.m.) ♥	Adults
1/3	Latin Dance Lessons (1:30-2:30 p.m.) ♥♥♥	Any Age
1/3	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
1/3	Latin Dance Lessons (6-7 p.m.) ♥♥♥	Any Age
1/4	Zumba® (9-10 a.m.) ♥	Adults
1/4	Gratitude Yoga (12-1 p.m.) ♥	Adults
1/4	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
1/5	Masala Bhangra (9-10 a.m.) ♥	Adults
1/5	POUND® (10:15-11:15 a.m.) ♥♥	Adults
1/5	Tabata/Sculpt Fitness Class (1-2 p.m.) ♥♥♥	Adults
1/5	Pilates (5-5:45 p.m.) ♥♥	Adults
1/5	Gratitude Yoga (6-7 p.m.) ♥	Adults
1/6	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
1/6	Zumba® (10:30-11:30 a.m.) ♥	Adults
1/6	Senior Seated Stretching (12-12:30 p.m.) ♥	Seniors
1/9	Cardio Kickboxing (9-10 a.m.) ♥	Adults
1/9	PiYo (12-1 p.m.) ♥♥♥	Adults
1/9	Tai Chi (6-7 p.m.) ♥	Adults
1/10	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
1/10	POUND® (10-11 a.m.) ♥♥	Adults
1/10	Mindfulness Yoga (12-1 p.m.) ♥	Adults
1/10	Latin Dance Lessons (1:30-2:30 p.m.) ♥♥♥	Any Age
1/10	Masala Bhangra (5:30-6:30 p.m.) ♥	Adults
1/11	Zumba® (9-10 a.m.) ♥	Adults
1/11	Gratitude Yoga (12-1 p.m.) ♥	Adults
1/11	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
1/12	Masala Bhangra (9-10 a.m.) ♥	Adults
1/12	POUND® (10:15-11:15 a.m.) ♥♥	Adults
1/12	Tabata/Sculpt Fitness Class (1-2 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
1/12	Pilates (5-5:45 p.m.) ♥♥	Adults
1/12	Gratitude Yoga (6-7 p.m.) ♥	Adults
1/13	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
1/13	Zumba® (10:30-11:30 a.m.) ♥	Adults
1/13	Pilates (12-1 p.m.) ♥	Adults
1/13	Cardio Kickboxing (5:15-5:45 p.m.) ♥♥	Adults
1/14	Kid's Zumba® (11-11:30 a.m.) ♥	Children
1/16	Cardio Kickboxing (9-10 a.m.) ♥	Adults
1/16	PiYo (12-1 p.m.) ♥♥♥	Adults
1/16	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
1/17	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
1/17	POUND® (10-11 a.m.) ♥♥	Adults
1/17	Yoga (12-1 p.m.) ♥	Adults
1/17	Latin Dance Lessons (1:30-2:30 p.m.) ♥♥♥	Any Age
1/17	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
1/17	Latin Dance Lessons (6-7 p.m.) ♥♥♥	Any Age
1/18	Zumba® (9-10 a.m.) ♥	Adults
1/18	Gratitude Yoga (12-1 p.m.) ♥	Adults
1/18	Power Toning (5:15-5:45 p.m.) ♥♥	Adults
1/19	Masala Bhangra (9-10 a.m.) ♥	Adults
1/19	POUND® (10:15-11:15 a.m.) ♥♥	Adults
1/19	Tabata/Sculpt Fitness Class (1-2 p.m.) ♥♥♥	Adults
1/19	Pilates (5-5:45 p.m.) ♥♥	Adults
1/19	Gratitude Yoga (6-7 p.m.) ♥	Adults
1/20	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
1/20	Zumba® (10:30-11:30 a.m.) ♥	Adults
1/20	Pam's Yoga (12-1 p.m.) ♥	Adults
1/23	Cardio Kickboxing (9-10 a.m.) ♥	Adults
1/23	PiYo (12-1 p.m.) ♥♥♥	Adults
1/23	Tai Chi (6-7 p.m.) ♥	Adults
1/24	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
1/24	POUND® (10-11 a.m.) ♥♥	Adults
1/24	Mindfulness Yoga (12-1 p.m.) ♥	Adults
1/24	Latin Dance Lessons (1:30-2:30 p.m.) ♥♥♥	Any Age
1/24	Masala Bhangra (5:30-6:30 p.m.) ♥	Adults
1/25	Zumba® (9-10 a.m.) ♥	Adults
1/25	Gratitude Yoga (12-1 p.m.) ♥	Adults
1/25	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
1/26	Masala Bhangra (9-10 a.m.) ♥	Adults

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
1/26	POUND® (10:15-11:15 a.m.) ♥ ♥	Adults
1/26	Tabata/Sculpt Fitness Class (1-2 p.m.) ♥ ♥ ♥	Adults
1/26	Pilates (5-5:45 p.m.) ♥ ♥	Adults
1/26	Gratitude Yoga (6-7 p.m.) ♥	Adults
1/27	HIIT Challenge (9:30-10:15 a.m.) ♥ ♥ ♥	Adults
1/27	Zumba® (10:30-11:30 a.m.) ♥	Adults
1/27	Pilates (12-1 p.m.) ♥	Adults
1/27	Cardio Kickboxing (5:15-5:45 p.m.) ♥ ♥	Adults
1/30	Cardio Kickboxing (9-10 a.m.) ♥	Adults
1/30	PiYo (12-1 p.m.) ♥ ♥ ♥	Adults
1/30	Power Toning (5:30-6:15 p.m.) ♥ ♥	Adults
1/31	R.I.P.P.E.D. (9-10 a.m.) ♥ ♥	Adults
1/31	POUND® (10-11 a.m.) ♥ ♥	Adults
1/31	Yoga (12-1 p.m.) ♥	Adults
1/31	Latin Dance Lessons (1:30-2:30 p.m.) ♥ ♥ ♥	Any Age
1/31	Turbo Kickboxing (5-5:45 p.m.) ♥ ♥	Adults
1/31	Latin Dance Lessons (6-7 p.m.) ♥ ♥ ♥	Any Age

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WORKSHOPS/SEMINARS (Free for everyone unless noted otherwise.)		Age Group
1/4	Dimensions of Wellness (1-2 p.m. & 5-6 p.m.)	Adults
1/5	Healthy Weight Loss (1-2 p.m. & 5-6 p.m.)	Adults
1/11	Be Free from Tobacco (1-2 p.m. & 5-6 p.m.)	Adults
1/12	Simply Fitness: Exercise for Life (1-2 p.m. & 5-6 p.m.)	Adults
1/13	Interactive Nutrition Display (12-1 p.m.)	Adults
1/18	What Your Numbers Mean: Overview of Screening Tests and Results (1-2 p.m. & 5-6 p.m.)	Adults
1/19	Healthy Pregnancy Healthy Baby (1-2 p.m.)	Adults
1/25	Women's Health (1-2 p.m. & 5-6 p.m.)	Adults
1/26	Healthy Habits for Children and Families (1-2 p.m. & 5-6 p.m.)	Adults
1/27	Interactive Nutrition Display (12-1 p.m.)	Adults