



Find your healthy place.  
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## DECEMBER

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The Promenade Shops  
at Saucon Valley

2845 Center Valley Parkway,  
Center Valley, PA



855.505.BLUE (2583)  
CapitalBlueStore.com

*Space is limited.  
Please register in advance  
by calling the store.*

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.

# DECEMBER EVENT SCHEDULE

\$5 per class unless otherwise noted. All classes are free for Capital BlueCross members.

Every Monday through Saturday in December	
	Body Mass Index Checks (Daily 11:30 a.m.–12:30 p.m.)
12/1	Gratitude Yoga (12–1 p.m.) Abtastic Torture (6–6:30 p.m.) Booty Barre (6:30–7 p.m.)
12/2	Pilates (12:30–1 p.m.) Back Basics (1–2 p.m. and 5–6 p.m.) <b>Free</b> ZUMBA® (5:30–6 p.m.)
12/3	Rosie's Insanity (12–12:30 p.m.) Stress and Your Health (1–2 p.m. and 5–6 p.m.) <b>Free</b> 30-Minute Shred (5:30–6 p.m.)
12/4	Senior Seated Stretching (11–11:30 a.m.) Senior Social (11:30 a.m.–12 p.m.) <b>Free</b>
12/5	Kids Yoga (11 a.m.–12 p.m.) Healthy Habits for Children and Families (3–4 p.m.) <b>Free</b>
12/7	Cardio Kickboxing (12–1 p.m.) Tai Chi (6–7 p.m.)
12/8	Fitness Components (6–6:30 p.m.) Gratitude Yoga (6:30–7:30 p.m.)
12/9	Is it a Cold or the Flu? (1–2 p.m. and 5–6 p.m.) <b>Free</b> Power Toning (5:30–6 p.m.)
12/10	Mommy and Me Boot Camp (11–11:30 a.m.) Maintaining Good Eating and Exercise Habits When It Isn't Easy (1–2 p.m. and 5–6 p.m.) <b>Free</b> 30-Minute Shred (5:30–6 p.m.)
12/11	Pilates (12–12:30 p.m.)
12/14	PiYo (12–1 p.m.) Rosie's Insanity (5:30–6 p.m.)
12/15	Gratitude Yoga (12–1 p.m.) Interactive Nutrition Display (3–5 p.m.) <b>Free</b> Masala Bhangra (5–6 p.m.) Abtastic Torture (6–6:30 p.m.)
12/16	Distracted Driving (1–2 p.m. and 5–6 p.m.) <b>Free</b> ZUMBA (5:30–6 p.m.)
12/17	Rosie's Insanity (12–12:30 p.m.) Cardiopulmonary Resuscitation (CPR) and Cardiac Health (1–2 p.m. and 5–6 p.m.) <b>Free</b> 30-Minute Shred (6:30–7 p.m.)
12/18	Senior Seated Stretching (11–11:30 a.m.)
12/19	Kids Holiday Party (12–2 p.m.) <b>Free</b>
12/21	Cardio Kickboxing (12–1 p.m.) Yoga (6–7 p.m.)
12/22	Gratitude Yoga (12–1 p.m.) Masala Bhangra (5–6 p.m.) 30-Minute Shred (6:30–7 p.m.)
12/23	Pilates (12:30–1 p.m.) Travel Safety (1–2 p.m. and 5–6 p.m.) <b>Free</b> Booty Barre (5:30–6 p.m.)
12/28	PiYo (12–1 p.m.) Rosie's Insanity (5:30–6 p.m.)
12/29	Yoga (6–7 p.m.)
12/30	Headaches (1–2 p.m. and 5–6 p.m.) <b>Free</b> ZUMBA (5:30–6 p.m.)

**\*\*Participants will be required to sign a waiver before participating in fitness classes.\*\***

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### 30-Minute Shred

Come join us for a high-intensity, 30-minute interval training class designed to help you shred your body fat! You will burn calories, increase metabolism, and improve endurance in a fast-paced environment. Modifications are available for beginners. Please wear athletic attire.

### Abtastic Torture

End your workday with Abtastic Torture! The core is what keeps the body centered with gravity. It is important for overall strength and stability. Too much body fat concentrated in the stomach area, also known as abdominal obesity, is the most detrimental type of fat for your physical health. Come to this class to burn fat, strengthen the core, and prevent future health problems!

### Back Basics

Recognize causes of low back pain and identify risks of back pain. The presentation will explain what "MY-BACK" means and help you understand treatment options for back pain.

### Body Mass Index Checks

Find out your height, weight, BMI, and percentage of body fat with the Capital Blue Body Mass Index Machine. Knowledge is a powerful motivator for living a healthy lifestyle.

### Booty Barre

Come join us for one of the hottest trends in dance-inspired conditioning and ballet barre training. With the use of chairs, the class is taught in a format suitable for every level of exerciser. The format combines balance, agility, resistance, working recovery, and eloquence into a workout like no other. No muscle will go untouched in this deceptively challenging, full-body workout! No dance experience or pink tights required! Please wear comfortable, athletic clothes.

### Cardio Kickboxing

High-energy, noncontact martial arts-based class that will have you punching and kicking yourself into the best shape of your life. You will feel empowered long after class ends and keep coming back for more!

### Cardiopulmonary Resuscitation (CPR) and Cardiac Health

This presentation explains what positive and negative health behaviors play a significant role in the risk of heart disease and cardiac health. Participants will walk away knowing the difference between cardiac arrest and a heart attack. Lifesaving information on CPR is distributed.\*

### Distracted Driving

We will define what distracted driving is and the different types of driving distractions. Learn ways to prevent distracted driving and keep you, your family, and others safe.\*

### Fitness Components

It's important to work on all areas of physical fitness. Believe it or not, you can improve all five fitness components in a half-hour class at Capital Blue. Get ready to push yourself. This class will challenge participants to improve their stamina and strength at the same time through various sets of quick-burst exercises. You'll raise your heart rate, burn calories, and build muscle. The class will conclude with stretching exercises because increasing flexibility will promote joint mobility and prevent future injuries. This workout class is modifiable to meet any level of fitness.

### Gratitude Yoga

Learn how to bring joy back into your life with the simple act of gratitude. This yoga class offers a unique opportunity to learn yoga, breathwork, and relaxation techniques to enhance your well-being.

### Headaches

Identify the triggers of your headaches and explore different types of headaches. Headache prevention, treatment, and stress management are reviewed.\*

### Healthy Habits for Children and Families

Understand the importance of starting healthy habits early. Discuss ways to improve health, eating, physical activity, and other healthy habits for children. Develop goals for your whole family.\*

### Is it a Cold or the Flu?

Sneezing, coughing, the aches—is it a cold or the flu? Learn to recognize the difference and causes at Capital Blue. We'll also discuss the best treatment avenues for both ailments and how to keep yourself healthy during cold and flu season.\*

\* If you can't stop by during these times, please make an appointment with one of our care guides for a personal one-on-one session. Call 855.505.BLUE.

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### Interactive Nutrition Display

What's a proper portion of protein? Find out that and more with our food models featuring proper portion sizes. See test tubes that show the hidden fat/sugar in common foods and feel the difference between muscle and fat. Seeing is believing!\*

### Kids Holiday Party

Come make a holiday decoration to hang on your door or give as a gift.

### Kids Yoga

Kids Yoga is for children ages 4–10 years old. It's never too early to develop a healthy lifestyle. Bring your little ones out to learn the techniques and benefits of yoga. Yoga mats and healthy snacks provided. Please wear athletic attire.

### Maintaining Good Eating and Exercise Habits When It Isn't Easy

Enhancing, changing, or incorporating healthy behaviors in one's daily living are referenced. Motivation and goal setting in personal and professional practice set the stage for this presentation.\*

### Masala Bhangra

Indian dance-based workout that combines the masculine power of Bhangra (Indian folk dance) with the flirty, femininity of Bollywood. This super fun class is easy to follow, gives a great total-body workout, and is suitable for all fitness levels!

### Mommy and Me Boot Camp

This class is for moms and their children ages 0-2 years. Join us for an exciting 30-minute workout. You will build up fitness and connect with your child. No need for daycare or to bring extra weights. You and your infant will have a blast! Please wear sneakers and comfortable attire.

### Pilates

Using the principles Joseph Pilates developed to strengthen the core, we will develop a sense of center and strengthen the major joints and muscle groups in the body, starting at the abdominal region and working out to the extremities. No prior experience required.

### PIYo

This is a fun, challenging class fusing Pilates- and yoga-inspired moves. You will burn calories, tone muscles, work on balance, and get a great athletic stretch! This class is a little different each time, but always a great workout! PIYo is strength training which uses your own body as the weight. It is your chance to define exactly how you want to look and how you want to feel. No weights. No jumps. Just hardcore results. We do it barefoot and you will need to bring your own yoga mat—that's it! You have the power to define yourself!

### Power Toning

Total body strengthening and toning using dumbbells, kettle bells, resistance tubes, and body weight is the focus of this 30-minute class. All exercises are low- to no- impact and will target all of the major muscles of the body.

### Rosie's Insanity

Insanity workouts are now available at Capital Blue. Come join Rosie for a fitness class filled with training techniques that are a step ahead of every other fitness program ever designed. Increase lean muscle mass and burn fat in 30 minutes. It's a difficult workout, but not impossible. Challenge yourself and bring some motivation. This class will make you work.

### Senior Social

Come join us for some light refreshments, a game of bingo, and lots of socializing. This event is preceded by a Senior Seated Stretching class. It'll be a fun-filled hour at the Capital Blue store!

### Senior Seated Stretching

This class is very gentle and is styled to suit many populations, such as seniors, disabled persons, and those who have a hard time standing or getting on the floor (arthritis sufferers, MS patients, cancer patients, and postsurgical patients). Anyone can benefit from this yoga-like, low-impact, joint-stimulating class structure, and it is accessible to most, even if you don't believe you can do yoga! Come to Capital Blue and see for yourself!

### Stress and Your Health

This presentation discusses different types of stress and the impact of stress on the body, both physically and psychologically. Learn how to manage your stress with creative methods.\*

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## Tai Chi

Learn how this ancient art form is not just for the young-at-heart, but a program that benefits all ages and levels of health. If you are interested in improving your balance and general fitness, join us for an evening of fluid movement. You will experience exercises that will improve your visual and mental concentration.

## Travel Safety

Be safe and enjoy your trip! We will discuss travel concerns and possible threats when traveling abroad. Learn ways to help you prepare for a trip and methods to protect yourself from illness when traveling. Safety when traveling by car and plane will also be discussed.\*

## Yoga

Yoga is a terrific way to help achieve physical and mental wellness. Join us for a Zen class that will help you build your strength, flexibility, and focus. Yoga mats are provided. Please wear athletic attire.

## ZUMBA

A party-like atmosphere that is incredibly fun, different, and easy to follow. Anyone of any age can do it. All classes are open to participants of any skill or fitness level. ZUMBA is made up of simple, easy to follow movements. Join us today!

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