

# Capital BLUE

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healthy place.  
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## MARCH

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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.

## MARCH 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	Body Mass Index Checks (all day)	Everyone
3/3	Senior Social: Sea Cruise (12-1:30 p.m.)	Seniors

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
3/1	Zumba® (9-10 a.m.) ♥	Adults
3/1	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/1	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
3/1	Butts and Glutes (6-6:30 p.m.) ♥♥	Adults
3/2	Masala Bhangra (9-10 a.m.) ♥	Adults
3/2	POUND® (10:15-11:15 a.m.) ♥♥	Adults
3/2	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
3/2	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
3/2	Pilates (5-5:45 p.m.) ♥♥	Adults
3/2	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/3	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/3	Zumba® (10:30-11:30 a.m.) ♥	Adults
3/3	Senior Seated Stretching (12-12:30 p.m.) ♥	Seniors
3/3	Cardio Kickboxing (5:15-5:45 p.m.) ♥♥	Adults
3/4	Zumba® (9-10 a.m.) ♥	Adults
3/4	Cardio Sculpt (11-11:45 a.m.) ♥♥	Adults
3/6	Cardio Kickboxing (9-10 a.m.) ♥	Adults
3/6	PiYo (12-1 p.m.) ♥♥♥	Adults
3/6	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
3/7	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
3/7	POUND® (10-11 a.m.) ♥♥	Adults
3/7	Yoga (12-1 p.m.) ♥	Adults
3/7	Latin Dance Lessons (1:30-2:30 p.m.) ♥	Everyone
3/7	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
3/8	Zumba® (9-10 a.m.) ♥	Adults
3/8	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/8	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
3/8	Butts and Glutes (6-6:30 p.m.) ♥♥	Adults
3/9	Masala Bhangra (9-10 a.m.) ♥	Adults
3/9	POUND® (10:15-11:15 a.m.) ♥♥	Adults
3/9	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
3/9	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
3/9	Pilates (5-5:45 p.m.) ♥♥	Adults
3/9	Gratitude Yoga (6-7 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
3/10	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/10	Zumba® (10:30-11:30 a.m.) ♥	Adults
3/10	Pilates (12-1 p.m.) ♥	Adults
3/10	Cardio Kickboxing (5:15-5:45 p.m.) ♥♥	Adults
3/11	Tabata Bootcamp (9-10 a.m.) ♥♥	Adults
3/11	Power Toning (11-11:45 a.m.) ♥♥	Adults
3/13	Cardio Kickboxing (9-10 a.m.) ♥	Adults
3/13	PiYo (12-1 p.m.) ♥♥♥	Adults
3/13	Tai Chi (6-7 p.m.) ♥	Adults
3/14	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
3/14	POUND® (10-11 a.m.) ♥♥	Adults
3/14	Mindfulness Yoga (12-1 p.m.) ♥	Adults
3/14	Latin Dance Lessons (1:30-2:30 p.m.) ♥	Everyone
3/14	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
3/14	Latin Dance Lessons (6-7 p.m.) ♥	Everyone
3/15	Zumba® (9-10 a.m.) ♥	Adults
3/15	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/15	Power Toning (5:15-5:45 p.m.) ♥♥	Adults
3/15	Butts and Glutes (6-6:30 p.m.) ♥♥	Adults
3/16	Masala Bhangra (9-10 a.m.) ♥	Adults
3/16	POUND® (10:15-11:15 a.m.) ♥♥	Adults
3/16	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
3/16	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
3/16	Pilates (5-5:45 p.m.) ♥♥	Adults
3/16	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/17	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/17	Zumba® (10:30-11:30 a.m.) ♥	Adults
3/17	Pam's Yoga (12-1 p.m.) ♥	Adults
3/18	Masala Bhangra (9-10 a.m.) ♥	Adults
3/18	Kids Zumba® (11-11:30 a.m.) ♥	Children
3/20	Cardio Kickboxing (9-10 a.m.) ♥	Adults
3/20	PiYo (12-1 p.m.) ♥♥♥	Adults
3/20	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
3/21	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
3/21	POUND® (10-11 a.m.) ♥♥	Adults
3/21	Yoga (12-1 p.m.) ♥	Adults
3/21	Latin Dance Lessons (1:30-2:30 p.m.) ♥	Everyone
3/21	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults

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

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
3/22	Zumba® (9-10 a.m.) ♥	Adults
3/22	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/22	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/22	Butts and Glutes (6-6:30 p.m.) ♥♥	Adults
3/23	Masala Bhangra (9-10 a.m.) ♥	Adults
3/23	POUND® (10:15-11:15 a.m.) ♥♥	Adults
3/23	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
3/23	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
3/23	Pilates (5-5:45 p.m.) ♥♥	Adults
3/23	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/24	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/24	Zumba® (10:30-11:30 a.m.) ♥	Adults
3/24	Pilates (12-1 p.m.) ♥	Adults
3/25	Cardio Kickboxing (9-10 a.m.) ♥	Adults
3/25	Power Toning (11-11:45 a.m.) ♥♥	Adults
3/27	Cardio Kickboxing (9-10 a.m.) ♥	Adults
3/27	PiYo (12-1 p.m.) ♥♥♥	Adults
3/27	Tai Chi (6-7 p.m.) ♥	Adults
3/28	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
3/28	POUND® (10-11 a.m.) ♥♥	Adults
3/28	Mindfulness Yoga (12-1 p.m.) ♥	Adults
3/28	Latin Dance Lessons (1:30-2:30 p.m.) ♥	Everyone
3/28	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
3/28	Latin Dance Lessons (6-7 p.m.) ♥	Everyone
3/29	Zumba® (9-10 a.m.) ♥	Adults
3/29	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/29	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
3/29	Butts and Glutes (6-6:30 p.m.) ♥♥	Adults
3/30	Masala Bhangra (9-10 a.m.) ♥	Adults
3/30	POUND® (10:15-11:15 a.m.) ♥♥	Adults
3/30	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
3/30	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
3/30	Pilates (5-5:45 p.m.) ♥♥	Adults
3/30	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/31	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/31	Zumba® (10:30-11:30 a.m.) ♥	Adults
3/31	Pam's Yoga (12-1 p.m.) ♥	Adults
3/31	Cardio Kickboxing (5:15-5:45 p.m.) ♥♥	Adults

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WORKSHOPS/SEMINARS <i>(Free for everyone unless noted otherwise.)</i>		Age Group
3/1	Sleep and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
3/2	Better Nutrition (1-2 p.m. & 5-6 p.m.)	Adults
3/8	Back Basics (1-2 p.m. & 5-6 p.m.)	Adults
3/9	Headaches (1-2 p.m. & 5-6 p.m.)	Adults
3/10	Interactive Nutrition Display (12-1 p.m.)	Adults
3/15	What Your Numbers Mean: Overview of Screening Tests and Results (1-2 p.m. & 5-6 p.m.)	Adults
3/16	Choosing the Best Place for Health Care (1-2 p.m.)	Adults
3/22	Diabetes- An Overview (1-2 p.m. & 5-6 p.m.)	Adults
3/23	Physical Activity and Your Health (1-2 p.m. & 5-6 p.m.)	Adults
3/24	Interactive Nutrition Display (12-1 p.m.)	Adults

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