

Capital BLUE

Find your
healthy place.
Start here.

DECEMBER

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The Promenade Shops at
Saucon Valley
2845 Center Valley Parkway,
Center Valley, PA 18034



/capbluecross



@capbluestore



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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.

DECEMBER 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
12/6	Healthy Holiday Stress Management: A Women's Health Series Holiday Body Consciousness (5:30-7 p.m.)	Adults
12/9	Food Safety (12-1 p.m.) ♥♥	Adults
12/15	Sleep & Your Health (12-1 p.m.) ♥♥	Adults
12/16	Holiday Party (11:00 a.m.-1:00 p.m.) ♥♥	Everyone
12/18	Balancing Healthy Lifestyle Choices (12-1 p.m.) ♥♥	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
12/1	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
12/1	Pam's Yoga (12-1 p.m.) ♥	Adults
12/1	Meditation (1-1:30 p.m.) ♥	Adults
12/2	Powertoning (11-11:45 a.m.) ♥♥	Adults
12/4	Masala Bhangra (9-10 a.m.) ♥♥	Adults
12/4	PiYo (12-1 p.m.) ♥♥	Adults
12/4	Cardio Kickboxing (5:30-6:15 p.m.) ♥♥	Adults
12/5	Vinyasa Yoga (1:30-2:30 p.m.) ♥	Adults
12/5	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
12/5	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
12/6	Zumba (9-10 a.m.) ♥♥	Adults
12/6	Gratitude Yoga (12-1 p.m.) ♥♥	Adults
12/7	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
12/7	POUND® (10:15-11:15 a.m.) ♥♥	Adults
12/7	R.I.P.P.E.D (11:15 a.m.-12:15 p.m.) ♥♥	Adults
12/7	Yoga (12:30-1:30 p.m.) ♥	Adults
12/7	Pilates (5-5:45 p.m.) ♥♥	Adults
12/7	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
12/8	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
12/8	Pam's Yoga (12-1 p.m.) ♥	Adults
12/8	Meditation (1-1:30 p.m.) ♥	Adults
12/9	Kid's Yoga (11-11:45 a.m.) ♥	Children
12/11	Masala Bhangra (9-10 a.m.) ♥♥	Adults
12/11	PiYo (12-1 p.m.) ♥♥	Adults
12/11	Cardio Kickboxing (5:30-6:15 p.m.) ♥♥	Adults
12/12	R.I.P.P.E.D (10:15-11:15 a.m.) ♥♥	Adults
12/12	POUND® (11:15 a.m.-12:15 p.m.) ♥♥	Adults
12/12	Vinyasa Yoga (1:30-2:30 p.m.) ♥	Adults
12/13	Zumba (9-10 a.m.) ♥♥	Adults
12/13	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
12/13	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
12/13	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
12/14	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
12/14	POUND® (10:15-11:15 a.m.) ♥♥	Adults
12/14	R.I.P.P.E.D (11:15 a.m.-12:15 p.m.) ♥♥	Adults
12/14	Yoga (12:30-1:30 p.m.) ♥	Adults
12/14	Pilates (5-5:45 p.m.) ♥♥	Adults
12/14	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
12/15	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
12/15	Pam's Yoga (12-1 p.m.) ♥	Adults
12/15	Meditation (1-1:30 p.m.) ♥	Adults
12/16	Powertoning (11-11:45 a.m.) ♥♥	Adults
12/18	Masala Bhangra (9-10 a.m.) ♥♥	Adults
12/18	PiYo (12-1 p.m.) ♥♥	Adults
12/18	Cardio Kickboxing (5:30-6:15 p.m.) ♥♥♥	Adults
12/19	R.I.P.P.E.D (10:15-11:15 a.m.) ♥♥	Adults
12/19	POUND® (11:15 a.m.-12:15 p.m.) ♥♥	Adults
12/19	Vinyasa Yoga (1:30-2:30 p.m.) ♥	Adults
12/20	Zumba (9-10 a.m.) ♥♥	Adults
12/20	Gratitude Yoga (12-1 p.m.) ♥♥	Adults
12/20	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
12/20	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
12/21	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
12/21	POUND® (10:15-11:15 a.m.) ♥♥	Adults
12/21	R.I.P.P.E.D (11:15 a.m.-12:15 p.m.) ♥♥	Adults
12/21	Pilates (5-5:45 p.m.) ♥♥	Adults
12/21	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
12/22	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
12/22	Pam's Yoga (12-1 p.m.) ♥	Adults
12/22	Meditation (1-1:30 p.m.) ♥	Adults
12/23	Kid's Zumba® (11-11:45 a.m.) ♥	Children
12/26	R.I.P.P.E.D (10:15-11:15 a.m.) ♥♥	Adults
12/26	POUND® (11:15 a.m.-12:15 p.m.) ♥♥	Adults
12/26	Vinyasa Yoga (1:30-2:30 p.m.) ♥	Adults
12/27	Zumba (9-10 a.m.) ♥♥	Adults
12/27	Gratitude Yoga (12-1 p.m.) ♥♥	Adults
12/27	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
12/27	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
12/28	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
12/28	POUND® (10:15-11:15 a.m.) ♥ ♥	Adults
12/28	R.I.P.P.E.D (11:15 a.m.-12:15 p.m.) ♥ ♥	Adults
12/28	Pilates (5-5:45 p.m.) ♥ ♥	Adults
12/28	Gratitude Yoga (6-7 p.m.) ♥ ♥	Adults
12/29	HIIT Challenge (9:30-10:15 a.m.) ♥ ♥ ♥	Adults
12/29	Pam's Yoga (12-1 p.m.) ♥	Adults
12/29	Meditation (1-1:30 p.m.) ♥	Adults
12/30	Powertoning (11-11:45 a.m.) ♥ ♥	Adults

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