

Capital BLUE

Find your healthy place. Start here.

MARCH

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



/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.

MARCH 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 and Body Composition Analysis (all day)	Everyone
Fridays	Free Fruit Fridays (all day)	Everyone
3/3	Mini Concert and Book Signing with Children's Author Kira Willey (11 a.m.-12 p.m.)	Children
3/17	Spring Fling Kids' Event (12-2 p.m.)	Everyone
3/22	Cooking Demo: Go Further With Avocados (5:30-6:30 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
3/1	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
3/1	Yoga (12:30-1:30 p.m.) ♥	Adults
3/1	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/2	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/2	Pam's Yoga (12-1 p.m.) ♥	Adults
3/2	Meditation (1:15-1:45 p.m.) ♥	Adults
3/5	Masala Bhangra (9-10 a.m.) ♥♥	Adults
3/5	PiYo (12-1 p.m.) ♥♥♥	Adults
3/5	Pilates (5:15-6 p.m.) ♥♥	Adults
3/6	Inspire Yoga (12-1 p.m.) ♥♥♥	Adults
3/6	Tabata (1:30-2:30 p.m.) ♥♥♥	Adults
3/6	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
3/7	Zumba (9-10 a.m.) ♥♥	Adults
3/7	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/7	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/7	Butts and Guts (5:45-6:15 p.m.) ♥♥♥	Adults
3/8	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
3/8	Yoga (12:30-1:30 p.m.) ♥	Adults
3/8	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/9	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/9	Pilates (12-1 p.m.) ♥	Adults
3/9	Meditation (1:15-1:45 p.m.) ♥	Adults
3/12	Masala Bhangra (9-10 a.m.) ♥♥	Adults
3/12	PiYo (12-1 p.m.) ♥♥♥	Adults
3/12	Kickbox and Tone (5:15-6 p.m.) ♥♥	Adults
3/13	Inspire Yoga (12-1 p.m.) ♥♥♥	Adults
3/13	Tabata (1:30-2:30 p.m.) ♥♥♥	Adults
3/14	Zumba (9-10 a.m.) ♥♥	Adults
3/14	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/14	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/14	Butts and Guts (5:45-6:15 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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3/15	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
3/15	Yoga (12:30-1:30 p.m.) ♥	Adults
3/15	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/16	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/16	Pam's Yoga (12-1 p.m.) ♥	Adults
3/16	Meditation (1:15-1:45 p.m.) ♥	Adults
3/19	Masala Bhangra (9-10 a.m.) ♥♥	Adults
3/19	PiYo (12-1 p.m.) ♥♥♥	Adults
3/19	Pilates (5:15-6 p.m.) ♥♥	Adults
3/20	Inspire Yoga (12-1 p.m.) ♥♥♥	Adults
3/20	Tabata (1:30-2:30 p.m.) ♥♥♥	Adults
3/20	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
3/21	Zumba (9-10 a.m.) ♥♥	Adults
3/21	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/21	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/21	Butts and Guts (5:45-6:15 p.m.) ♥♥♥	Adults
3/22	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
3/22	Yoga (12:30-1:30 p.m.) ♥	Adults
3/22	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/23	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/23	Pilates (12-1 p.m.) ♥	Adults
3/23	Meditation (1:15-1:45 p.m.) ♥	Adults
3/26	Masala Bhangra (9-10 a.m.) ♥♥	Adults
3/26	PiYo (12-1 p.m.) ♥♥♥	Adults
3/26	Kickbox and Tone (5:15-6 p.m.) ♥♥	Adults
3/27	Inspire Yoga (12-1 p.m.) ♥♥♥	Adults
3/27	Tabata (1:30-2:30 p.m.) ♥♥♥	Adults
3/27	30-Minute Shred (5:30-6 p.m.) ♥♥♥	Adults
3/28	Zumba (9-10 a.m.) ♥♥	Adults
3/28	Gratitude Yoga (12-1 p.m.) ♥	Adults
3/28	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥	Adults
3/28	Butts and Guts (5:45-6:15 p.m.) ♥♥♥	Adults
3/29	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
3/29	Yoga (12:30-1:30 p.m.) ♥	Adults
3/29	Gratitude Yoga (6-7 p.m.) ♥	Adults
3/30	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
3/30	Pam's Yoga (12-1 p.m.) ♥	Adults
3/30	Meditation (1:15-1:45 p.m.) ♥	Adults
3/31	Power Toning (11-11:45 a.m.) ♥♥	Adults

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