

Capital BLUE

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AUGUST

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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.

AUGUST 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)	Adults
8/2	Physical Activity & Your Health (1-2 p.m., 5-6 p.m.)	Adults
8/10	Balancing Healthy Lifestyle Choices (1-2 p.m., 5-6 p.m.)	Adults
8/16	Summer Safety (1-2 p.m., 5-6 p.m.)	Adults
8/24	Healthy Habits for Children & Families (1-2 p.m., 5-6 p.m.)	Adults
8/30	Emergency Preparedness (1-2 p.m., 5-6 p.m.)	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
8/1	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
8/1	POUND® (10-11 a.m.) ♥♥	Adults
8/1	Mindfulness Yoga (12-1 p.m.) ♥	Adults
8/1	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
8/1	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
8/1	Salsa/Latin Dance Lessons (6-7 p.m.) ♥	Adults
8/2	Zumba® (9-10 a.m.) ♥♥	Adults
8/2	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/2	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
8/2	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
8/2	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
8/3	Masala Bhangra (9-10 a.m.) ♥♥	Adults
8/3	POUND® (10:15-11:15 a.m.) ♥♥	Adults
8/3	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
8/3	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
8/3	Pilates (5-5:45 p.m.) ♥♥	Adults
8/3	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
8/4	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
8/4	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
8/4	Pilates (12-1 p.m.) ♥	Adults
8/4	Meditation (1:15-1:45 p.m.) ♥	Adults
8/5	Zumba® Toning (9-10 a.m.) ♥♥	Adults
8/5	Power Toning (11-11:45 a.m.) ♥♥	Adults
8/7	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
8/7	Athletic Conditioning (10:15-11:00 a.m.) ♥♥♥	Adults
8/7	PiYo (12-1 p.m.) ♥♥♥	Adults
8/7	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
8/8	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
8/8	POUND® (10-11 a.m.) ♥♥	Adults
8/8	Yoga (12-1 p.m.) ♥	Adults
8/8	Salsa/Latin Dance Lessons (1:30-2:30 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
8/8	Tabata Bootcamp (5:30-6:30 p.m.) ♥♥	Adults
8/9	Zumba® (9-10 a.m.) ♥♥	Adults
8/9	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/9	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
8/9	Tabata (5:15-5:45 p.m.) ♥♥♥	Adults
8/9	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
8/10	Masala Bhangra (9-10 a.m.) ♥♥	Adults
8/10	POUND® (10:15-11:15 a.m.) ♥♥	Adults
8/10	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
8/10	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
8/10	Pilates (5-5:45 p.m.) ♥♥	Adults
8/10	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
8/11	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
8/11	Zumba® (10:30-11:30 a.m.) ♥♥	Adults
8/11	Pam's Yoga (12-1 p.m.) ♥	Adults
8/11	Meditation (1:15-1:45 p.m.) ♥	Adults
8/12	Zumba® Toning (9-10 a.m.) ♥♥	Adults
8/12	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
8/14	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
8/14	Athletic Conditioning (10:15-11 a.m.) ♥♥♥	Adults
8/14	PiYo (12-1 p.m.) ♥♥♥	Adults
8/15	R.I.P.P.E.D. (9-10 a.m.) ♥♥	Adults
8/15	POUND® (10-11 a.m.) ♥♥	Adults
8/15	Mindfulness Yoga (12-1 p.m.) ♥	Adults
8/15	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
8/15	Turbo Kickboxing (5-5:45 p.m.) ♥♥	Adults
8/15	Salsa/Latin Dance Lessons (6-7 p.m.) ♥	Adults
8/16	Zumba® (9-10 a.m.) ♥♥	Adults
8/16	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/16	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
8/16	Power Toning (5:15-5:45 p.m.) ♥♥	Adults
8/16	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
8/17	Masala Bhangra (9-10 a.m.) ♥♥	Adults
8/17	POUND® (10:15-11:15 p.m.) ♥♥	Adults
8/17	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
8/17	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
8/17	Pilates (5-5:45 p.m.) ♥♥	Adults
8/17	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
8/18	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
8/18	Zumba® (10:30-11:30 a.m.) ♥ ♥	Adults
8/18	Pilates (12-1 p.m.) ♥	Adults
8/18	Meditation (1:15-1:45 p.m.) ♥	Adults
8/19	Zumba® Toning (9-10 a.m.) ♥ ♥	Adults
8/19	Power Toning (11-11:45 a.m.) ♥ ♥	Adults
8/21	Cardio Kickboxing (9-10 a.m.) ♥ ♥ ♥	Adults
8/21	Athletic Conditioning (10:15-11 a.m.) ♥ ♥ ♥	Adults
8/21	PiYo (12-1 p.m.) ♥ ♥ ♥	Adults
8/21	Power Toning (5:30-6:15 p.m.) ♥ ♥	Adults
8/22	R.I.P.P.E.D. (9-10 a.m.) ♥ ♥	Adults
8/22	POUND® (10-11 a.m.) ♥ ♥	Adults
8/22	Yoga (12-1 p.m.) ♥	Adults
8/22	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
8/22	Tabata Bootcamp (5:30-6:30 p.m.) ♥ ♥	Adults
8/23	Zumba® (9-10 a.m.) ♥ ♥	Adults
8/23	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/23	Yoga Combo (1:30-2:30 p.m.) ♥ ♥ ♥	Adults
8/23	Cardio Sculpt (5:15-5:45 p.m.) ♥ ♥ ♥	Adults
8/23	Butts and Guts (6-6:30 p.m.) ♥ ♥	Adults
8/24	Masala Bhangra (9-10 a.m.) ♥ ♥	Adults
8/24	POUND® (10:15-11:15 a.m.) ♥ ♥	Adults
8/24	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥ ♥	Adults
8/24	Tabata Body Sculpting (1-2 p.m.) ♥ ♥ ♥	Adults
8/24	Pilates (5-5:45 p.m.) ♥ ♥	Adults
8/24	Gratitude Yoga (6-7 p.m.) ♥ ♥	Adults
8/25	HIIT Challenge (9:30-10:15 a.m.) ♥ ♥ ♥	Adults
8/25	Zumba® (10:30-11:30 a.m.) ♥ ♥	Adults
8/25	Pam's Yoga (12-1 p.m.) ♥	Adults
8/25	Meditation (1:15-1:45 p.m.) ♥	Adults
8/26	Zumba® Toning (9-10 a.m.) ♥ ♥	Adults
8/26	Cardio Sculpt (11-11:45 a.m.) ♥ ♥ ♥	Adults
8/28	Cardio Kickboxing (9-10 a.m.) ♥ ♥ ♥	Adults
8/28	Athletic Conditioning (10:15-11 a.m.) ♥ ♥ ♥	Adults
8/28	PiYo (12-1 p.m.) ♥ ♥ ♥	Adults
8/29	R.I.P.P.E.D. (9-10 a.m.) ♥ ♥	Adults
8/29	POUND® (10-11 a.m.) ♥ ♥	Adults
8/29	Mindfulness Yoga (12-1 p.m.) ♥	Adults
8/29	Salsa/Latin Dance Lessons (1:30-2:30 p.m.) ♥	Adults
8/29	Turbo Kickboxing (5-5:45 p.m.) ♥ ♥	Adults
8/29	Salsa/Latin Dance Lessons (6-7 p.m.) ♥	Adults
8/30	Zumba® (9-10 a.m.) ♥ ♥	Adults

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FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
8/30	Gratitude Yoga (12-1 p.m.) ♥	Adults
8/30	Yoga Combo (1:30-2:30 p.m.) ♥♥♥	Adults
8/30	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
8/30	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
8/31	Masala Bhangra (9-10 a.m.) ♥♥	Adults
8/31	POUND® (10:15-11:15 a.m.) ♥♥	Adults
8/31	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
8/31	Tabata Body Sculpting (1-2 p.m.) ♥♥♥	Adults
8/31	Pilates (5-5:45 p.m.) ♥♥	Adults
8/31	Gratitude Yoga (6-7 p.m.) ♥♥	Adults

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