

# Capital BLUE

Find your healthy place.  
Start here.

## APRIL

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					

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.

## APRIL SCHEDULE for Capital Blue at Saucon Valley

Go to [CapitalBlueStore.com](http://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
4/19	Cooking Demo: A Taste of Garlic (5:30-6:30 p.m.)	Everyone
4/21	Spring Health Fair (11 a.m.-1 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
4/2	Masala Bhangra (9-10 a.m.) ♥♥	Adults
4/2	PiYo (12-1 p.m.) ♥♥♥	Adults
4/2	Pilates (5:15-6 p.m.) ♥♥	Adults
4/3	INSPIRE (12-1 p.m.) ♥♥	Adults
4/3	Tabata (1:30-2:30 p.m.) ♥♥♥	Adults
4/3	30-Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
4/4	Zumba® (9-10 a.m.) ♥♥	Adults
4/4	Gratitude Yoga I (12-1 p.m.) ♥	Adults
4/4	Upper Body Shred (5:15-5:45 p.m.) ♥♥♥	Adults
4/4	Butts and Guts (5:45-6:15 p.m.) ♥♥♥	Adults
4/5	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
4/5	Yoga (12:30-1:30 p.m.) ♥	Adults
4/5	Gratitude Yoga II (6-7 p.m.) ♥	Adults
4/6	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
4/6	Pam's Yoga (12-1 p.m.) ♥	Adults
4/6	Meditation (1:15-1:45 p.m.) ♥	Adults
4/7	Power Toning (11-11:45 a.m.) ♥♥♥	Adults
4/9	Masala Bhangra (9-10 a.m.) ♥♥	Adults
4/9	PiYo (12-1 p.m.) ♥♥♥	Adults
4/9	Kickbox and Tone (5:15-6 p.m.) ♥♥	Adults
4/10	INSPIRE (12-1 p.m.) ♥♥	Adults
4/10	Tabata (1:30-2:30 p.m.) ♥♥♥	Adults
4/10	30-Minute Shred (5:15-5:45 p.m.) ♥♥♥	Adults
4/11	Zumba® (9-10 a.m.) ♥♥	Adults
4/11	Gratitude Yoga I (12-1 p.m.) ♥	Adults
4/11	Upper Body Shred (5:15-5:45 p.m.) ♥♥♥	Adults
4/11	Butts and Guts (5:45-6:15 p.m.) ♥♥♥	Adults
4/12	Cardio Kickboxing (9-10 a.m.) ♥♥♥	Adults
4/12	Yoga (12:30-1:30 p.m.) ♥	Adults
4/12	Gratitude Yoga II (6-7 p.m.) ♥	Adults
4/13	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
4/13	Pilates (12-1 p.m.) ♥	Adults
4/13	Meditation (1:15-1:45 p.m.) ♥	Adults
4/14	Power Toning (9:30-10:15 a.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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class descriptions and to register

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
4/16	Masala Bhangra (9-10 a.m.) ♥ ♥	Adults
4/16	PiYo (12-1 p.m.) ♥ ♥ ♥	Adults
4/16	Pilates (5:15-6 p.m.) ♥ ♥	Adults
4/17	INSPIRE (12-1 p.m.) ♥ ♥	Adults
4/17	Tabata (1:30-2:30 p.m.) ♥ ♥ ♥	Adults
4/17	30-Minute Shred (5:15-5:45 p.m.) ♥ ♥ ♥	Adults
4/18	Zumba® (9-10 a.m.) ♥ ♥	Adults
4/18	Gratitude Yoga I (12-1 p.m.) ♥	Adults
4/18	Upper Body Shred (5:15-5:45 p.m.) ♥ ♥ ♥	Adults
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4/19	Cardio Kickboxing (9-10 a.m.) ♥ ♥ ♥	Adults
4/19	Yoga (12:30-1:30 p.m.) ♥	Adults
4/19	Gratitude Yoga II (6-7 p.m.) ♥	Adults
4/20	HIIT Challenge (9:30-10:15 a.m.) ♥ ♥ ♥	Adults
4/20	Pam's Yoga (12-1 p.m.) ♥	Adults
4/20	Meditation (1:15-1:45 p.m.) ♥	Adults
4/23	Masala Bhangra (9-10 a.m.) ♥ ♥	Adults
4/23	PiYo (12-1 p.m.) ♥ ♥ ♥	Adults
4/23	Kickbox and Tone (5:15-6 p.m.) ♥ ♥	Adults
4/24	INSPIRE (12-1 p.m.) ♥ ♥	Adults
4/24	Tabata (1:30-2:30 p.m.) ♥ ♥ ♥	Adults
4/25	Zumba® (9-10 a.m.) ♥ ♥	Adults
4/25	Gratitude Yoga I (12-1 p.m.) ♥	Adults
4/25	Upper Body Shred (5:15-5:45 p.m.) ♥ ♥ ♥	Adults
4/25	Butts and Guts (5:45-6:15 p.m.) ♥ ♥ ♥	Adults
4/26	Cardio Kickboxing (9-10 a.m.) ♥ ♥ ♥	Adults
4/26	Yoga (12:30-1:30 p.m.) ♥	Adults
4/26	Gratitude Yoga II (6-7 p.m.) ♥	Adults
4/27	HIIT Challenge (9:30-10:15 a.m.) ♥ ♥ ♥	Adults
4/27	Pilates (12-1 p.m.) ♥	Adults
4/27	Meditation (1:15-1:45 p.m.) ♥	Adults
4/28	Power Toning (11-11:45 a.m.) ♥ ♥ ♥	Adults
4/30	Masala Bhangra (9-10 a.m.) ♥ ♥	Adults
4/30	PiYo (12-1 p.m.) ♥ ♥ ♥	Adults
4/30	Pilates (5:15-6 p.m.) ♥ ♥	Adults

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