

Capital BLUE

Find your
healthy place.
Start here.

OCTOBER

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



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.

OCTOBER 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 Check (all day)	Adults
10/4	Balancing Healthy Lifestyle Choices (1-2 p.m., 5-6 p.m.)	Adults
10/12	Women's Health (1-2 p.m., 5-6 p.m.)	Adults
10/13	Breast Cancer Awareness (5-6:30 p.m.)	Adults
10/19	What Your Numbers Mean (1-2 p.m., 5-6 p.m.)	Adults
10/25	Stress and Your Health (1-2 p.m., 5-6 p.m.)	Adults
10/26	Artist Reception — Joan Pasternak (4-6 p.m.)	Adults
10/27	Breast Cancer Awareness (5-6:30 p.m.)	Adults
10/27	Yoga and Healthy Cooking Demo (5-7 p.m.)	Adults
10/28	Healthy Halloween Trick-or-Treat Party (11 a.m.-1 p.m.)	Children

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
10/2	Masala Bhangra (9-10 a.m.) ♥♥	Adults
10/2	PiYo (12-1 p.m.) ♥♥	Adults
10/2	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
10/3	R.I.P.P.E.D. (10:15-11:15 a.m.) ♥♥	Adults
10/3	POUND® (11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/3	Tabata (1:30-2:30 p.m.) ♥♥	Adults
10/4	Zumba® (9-10 a.m.) ♥♥	Adults
10/4	Gratitude Yoga (12-1 p.m.) ♥	Adults
10/4	Zumba® (5:15-5:45 p.m.) ♥♥	Adults
10/4	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
10/5	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
10/5	POUND® (10:15-11:15 a.m.) ♥♥	Adults
10/5	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/5	Vinyasa Yoga (12:30-1:30 p.m.) ♥	Adults
10/5	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
10/5	Pilates (5-5:45 p.m.) ♥♥	Adults
10/6	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
10/6	Pam's Yoga (12-1 p.m.) ♥	Adults
10/6	Meditation (1-1:30 p.m.) ♥	Adults
10/6	Cardio Kickboxing (5:15-5:45 p.m.) ♥♥	Adults
10/7	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
10/9	POP Pilates (9-10 a.m.) ♥♥	Adults
10/9	PiYo (12-1 p.m.) ♥♥	Adults
10/9	Abtastic Torture (5:30-6 p.m.) ♥♥	Adults
10/10	R.I.P.P.E.D. (10:15-11:15 a.m.) ♥♥	Adults
10/10	POUND® (11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/10	Tabata (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

Capital BLUE

Find your
healthy place.
Start here.

OCTOBER

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



/capbluecross

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.

OCTOBER SCHEDULE

for Capital Blue at Saucon Valley

Go to CapitalBlueStore.com for class descriptions and to register

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
10/11	Zumba®(9-10 a.m.) ♥♥	Adults
10/11	Gratitude Yoga (12-1 p.m.) ♥	Adults
10/11	Tabata (5:15-5:45 p.m.) ♥♥	Adults
10/11	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
10/12	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
10/12	POUND®(10:15-11:15 a.m.) ♥♥	Adults
10/12	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/12	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
10/12	Pilates (5-5:45 p.m.) ♥♥	Adults
10/12	Vinyasa Yoga (12:30-1:30 p.m.) ♥	Adults
10/13	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
10/13	Pilates (12-1 p.m.) ♥	Adults
10/13	Meditation (1-1:30 p.m.) ♥	Adults
10/14	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
10/16	Masala Bhangra (9-10 a.m.) ♥♥	Adults
10/16	PiYo (12-1 p.m.) ♥♥	Adults
10/16	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
10/17	R.I.P.P.E.D. (10:15-11:15 a.m.) ♥♥	Adults
10/17	POUND®(11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/17	Tabata (1:30-2:30 p.m.) ♥♥	Adults
10/18	Zumba®(9-10 a.m.) ♥♥	Adults
10/18	Gratitude Yoga (12-1 p.m.) ♥	Adults
10/18	Power Toning (5:15-5:45 p.m.) ♥♥	Adults
10/18	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
10/19	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
10/19	POUND®(10:15 a.m.-11:15 p.m.) ♥♥	Adults
10/19	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/19	Vinyasa Yoga (12:30-1:30 p.m.) ♥	Adults
10/19	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
10/20	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥	Adults
10/20	Pam's Yoga (12-1 p.m.) ♥	Adults
10/20	Meditation (1-1:30 p.m.) ♥	Adults
10/21	Cardio Sculpt (11-11:45 a.m.) ♥♥♥	Adults
10/23	POP Pilates (9-10 a.m.) ♥♥	Adults
10/23	PiYo (12-1 p.m.) ♥♥	Adults
10/23	Abtastic Torture (5:30-6 p.m.) ♥♥	Adults
10/24	R.I.P.P.E.D. (10:15-11:15 a.m.) ♥♥♥	Adults
10/24	POUND®(11:15 a.m.-12:15 p.m.) ♥♥	Adults
10/24	Tabata (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

Capital BLUE

Find your
healthy place.
Start here.

OCTOBER

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



/capbluecross

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.

OCTOBER SCHEDULE

for Capital Blue at Saucon Valley

Go to [CapitalBlueStore.com](https://www.CapitalBlueStore.com) for class descriptions and to register

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
10/25	Zumba®(9-10 a.m.) ♥♥	Adults
10/25	Gratitude Yoga (12-1 p.m.) ♥	Adults
10/25	Cardio Sculpt (5:15-5:45 p.m.) ♥♥♥♥	Adults
10/25	Butts and Guts (6-6:30 p.m.) ♥♥	Adults
10/26	Cardio Kickboxing (9-10 a.m.) ♥♥	Adults
10/26	POUND®(10:15-11:15 a.m.) ♥♥	Adults
10/26	R.I.P.P.E.D. (11:15 a.m.-12:15 p.m.) ♥♥♥	Adults
10/26	Vinyasa Yoga (12:30-1:30 p.m.) ♥	Adults
10/26	Pilates (5-5:45 p.m.) ♥♥	Adults
10/26	Gratitude Yoga (6-7 p.m.) ♥♥	Adults
10/27	HIIT Challenge (9:30-10:15 a.m.) ♥♥♥♥	Adults
10/27	Pilates (12-1 p.m.) ♥	Adults
10/27	Meditation (1-1:30 p.m.) ♥	Adults
10/28	Cardio Sculpt (11-11:45 a.m.) ♥♥♥♥	Adults
10/30	Masala Bhangra (9-10 a.m.) ♥♥	Adults
10/30	PiYo (12-1 p.m.) ♥♥	Adults
10/30	Power Toning (5:30-6:15 p.m.) ♥♥	Adults
10/31	R.I.P.P.E.D. (10:15-11:15 a.m.) ♥♥	Adults
10/31	POUND®(11:15 a.m.-12:15 p.m.) ♥♥♥	Adults
10/31	Tabata (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