

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

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APRIL 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
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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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
4/18	Butts and Guts (5:45-6:15 p.m.) ♥♥♥♥	Adults
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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