

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				

Hampden Marketplace
4500 Marketplace Way,
Enola, PA 17025



/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.

OCTOBER SCHEDULE for Capital Blue at Hampden Marketplace

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

EVENTS (Free for everyone unless noted otherwise.)		Age Group
10/4	Women's Health (11 a.m.-12 p.m., 4-5 p.m.)	Adults
10/11	Breast Cancer Awareness (5-6:30 p.m.)	Everyone
10/19	Cold or Flu? (11 a.m.-12 p.m., 4-5 p.m.)	Adults
10/21	Healthy Halloween Trick-or-Treat Party (11 a.m.-1 p.m.)	Children
10/23	Healthy Habits for Children and Families (11 a.m.-12 p.m., 4-5 p.m.)	Everyone
10/27	Breast Cancer Awareness (4-6 p.m.)	Everyone
10/27	Artist Reception — Shelly Lipscomb (4-6 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
10/2	POUND® (4:30-5:30 p.m.) ♥♥	Adults
10/2	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
10/3	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
10/3	Ballet (5:30-6:30 p.m.) ♥	Adults
10/4	Functional Movement (10-11 a.m.) ♥♥	Adults
10/4	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
10/4	Gentle Yoga (3-3:45 p.m.) ♥	Adults
10/4	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
10/4	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
10/5	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
10/5	Vinyasa Yoga (11:30 a.m.-12:20 p.m.) ♥	Adults
10/5	Kid's Yoga (12:30-1:30 p.m.) ♥	Children
10/5	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
10/5	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
10/6	Babies at the Barre™ (1-2 p.m.) ♥	Everyone
10/6	Toddlers at the Barre™ (2-3 p.m.) ♥	Everyone
10/6	Tabata (4:30-5 p.m.) ♥♥♥	Adults
10/7	Mat Pilates (9-10 a.m.) ♥	Adults
10/7	Bellydance with Veils (10:30-11:30 a.m.) ♥	Adults
10/9	POUND® (4:30-5:30 p.m.) ♥♥	Adults
10/9	Healthways BOOM (5:30-7 p.m.) ♥♥	Adults
10/10	Creative Movement for Kids (12:30-1:30 p.m.) ♥	Children
10/10	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
10/10	Ballet (5:30-6:30 p.m.) ♥	Adults
10/11	Functional Movement (10-11 a.m.) ♥♥	Adults
10/11	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
10/11	Tai Chi (3-3:45 p.m.) ♥	Everyone
10/11	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
10/11	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
10/12	Cardio Core Fusion (4:30-5:30 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
10/13	Basic Strength (6-7 p.m.) ♥♥	Adults
10/14	Mat Pilates (9-10 a.m.) ♥	Adults
10/14	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Everyone
10/16	POUND® (4:30-5:30 p.m.) ♥♥	Adults
10/16	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
10/17	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
10/18	Functional Movement (10-11 a.m.) ♥♥	Adults
10/18	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
10/18	Gentle Yoga (3-3:45 p.m.) ♥	Adults
10/18	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
10/19	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
10/19	Vinyasa Yoga (11:30 a.m.-12:20 p.m.) ♥	Adults
10/19	Kid's Yoga (12:30-1:30 p.m.) ♥	Children
10/19	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
10/19	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
10/20	Babies at the Barre™ (1-2 p.m.) ♥	Everyone
10/20	Toddlers at the Barre™ (2-3 p.m.) ♥	Everyone
10/20	Tabata (4:30-5 p.m.) ♥♥♥	Adults
10/21	Mat Pilates (9-10 a.m.) ♥	Adults
10/21	Bellydance with Veils (10:30-11:30 a.m.) ♥	Adults
10/23	POUND® (4:30-5:30 p.m.) ♥♥	Adults
10/23	Healthways BOOM (5:30-7 p.m.) ♥♥	Adults
10/24	Creative Movement for Kids (12:30-1:30 p.m.) ♥	Children
10/24	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
10/24	Ballet (5:30-6:30 p.m.) ♥	Adults
10/25	Functional Movement (10-11 a.m.) ♥♥	Adults
10/25	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
10/25	Tai Chi (3-3:45 p.m.) ♥	Everyone
10/26	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
10/26	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
10/27	Basic Strength (6-7 p.m.) ♥♥	Adults
10/28	Mat Pilates (9-10 a.m.) ♥	Adults
10/28	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Everyone
10/30	POUND® (4:30-5:30 p.m.) ♥♥	Adults
10/30	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
10/31	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults

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