

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					

Hampden Marketplace
4500 Marketplace Way,
Enola, PA 17025

 /capbluecross

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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 Hampden Marketplace

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
4/5	Susquehanna Township High School Art Reception (5-7 p.m.)	Everyone
4/10	Cooking Demo: A Taste of Garlic (5:30-6:30 p.m.)	Everyone
4/28	Spring Health Fair (11 a.m.-1 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
4/2	POUND®(4:30-5:30 p.m.) ♥♥	Adults
4/2	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
4/2	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
4/3	Gentle Yoga (3:30-4:15 p.m.) ♥	Everyone
4/3	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
4/3	Ballet (5:30-6:30 p.m.) ♥	Adults
4/4	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
4/4	PiYo (4-5 p.m.) ♥♥	Adults
4/4	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
4/4	Zumba®(6-7 p.m.) ♥	Adults
4/5	willPower & grace® (9:30-10:30 a.m.) ♥♥	Adults
4/5	Storytime Yoga® (11:30 a.m.-12:15 p.m.) ♥	Children
4/5	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
4/6	Tabata (4:30-5 p.m.) ♥♥♥	Adults
4/7	Mat Pilates (9:15-10:15 a.m.) ♥	Adults
4/7	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults
4/9	POUND®(4:30-5:30 p.m.) ♥♥	Adults
4/9	Healthways® BOOM (5:30-7 p.m.) ♥♥	Adults
4/10	Tai Chi (3:30-4:15 p.m.) ♥	Everyone
4/10	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
4/10	Ballet (5:30-6:30 p.m.) ♥	Adults
4/11	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
4/11	PiYo (4-5 p.m.) ♥♥	Adults
4/11	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
4/11	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
4/12	Yoga (9:30-10:30 a.m.) ♥	Adults
4/12	Storytime Yoga® (11:30 a.m.-12:15 p.m.) ♥	Children
4/12	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
4/13	Basic Strength (6-7 p.m.) ♥♥	Adults
4/14	Mat Pilates (9:15-10:15 a.m.) ♥	Adults
4/14	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults
4/16	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
4/16	Fanny Fitness (5:45-6:30 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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4/17	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
4/17	Ballet (5:30-6:30 p.m.) ♥	Adults
4/18	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
4/18	PiYo (4-5 p.m.) ♥♥	Adults
4/18	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
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4/21	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults
4/23	POUND® (4:30-5:30 p.m.) ♥♥	Adults
4/23	Healthways® BOOM (5:30-7 p.m.) ♥♥	Adults
4/24	Tai Chi (3:30-4:15 p.m.) ♥	Everyone
4/24	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
4/24	Ballet (5:30-6:30 p.m.) ♥	Adults
4/25	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
4/25	PiYo (4-5 p.m.) ♥♥	Adults
4/25	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
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