

# 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](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
4/5	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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4/20	Tabata (4:30-5 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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