

# Capital BLUE

Find your healthy place. Start here.

## DECEMBER

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



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.

## DECEMBER 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
12/5	Food Safety (5-6 p.m.)	Adults
12/6	Healthy Holiday Stress Management: A Women's Health Series Holiday Balance (6-7:30 p.m.)	Adults
12/9	Sleep & Your Health (12-1 p.m.)	Adults
12/16	Holiday Party (11 a.m.-1 p.m.)	Everyone
12/19	Balancing Healthy Lifestyle Choices (5-6 p.m.)	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
12/1	Babies at the Barre™ (1-2 p.m.) ♥	Everyone
12/1	Toddlers at the Barre™ (2-3 p.m.) ♥	Everyone
12/1	Tabata (4:30-5 p.m.) ♥♥♥	Adults
12/2	Mat Pilates (9-10 a.m.) ♥	Adults
12/2	Bellydance with Veils (10:30-11:30 a.m.) ♥	Adults
12/4	POUND® (4:30-5:30 p.m.) ♥♥	Adults
12/4	Healthways BOOM (5:30-7 p.m.) ♥♥	Adults
12/5	Creative Movement for Kids (12:30-1:30 p.m.) ♥	Children
12/6	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
12/6	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
12/6	Tai Chi (3-3:45 p.m.) ♥	Everyone
12/6	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
12/7	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
12/7	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
12/8	Basic Strength (6-7 p.m.) ♥♥	Adults
12/9	Mat Pilates (9-10 a.m.) ♥	Adults
12/9	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Adults
12/11	POUND® (4:30-5:30 p.m.) ♥♥	Adults
12/11	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
12/12	Early Bird Kickboxing (8:15-9 a.m.) ♥♥♥	Adults
12/12	Creative Movement for Kids (12:30-1:30 p.m.) ♥	Children
12/12	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
12/13	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
12/13	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
12/13	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
12/13	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
12/14	Early Bird Tabata (8:30-9 a.m.) ♥♥♥	Adults
12/14	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
12/14	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
12/14	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

# Capital BLUE

Find your  
healthy place.  
Start here.

## DECEMBER

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



/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.

## DECEMBER SCHEDULE for Capital Blue at Hampden Marketplace

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

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
12/15	Babies at the Barre™ (1-2 p.m.) ♥	Everyone
12/15	Toddlers at the Barre™ (2-3 p.m.) ♥	Everyone
12/15	Tabata (4:30-5 p.m.) ♥♥♥	Adults
12/16	Mat Pilates (9-10 a.m.) ♥	Adults
12/18	POUND® (4:30-5:30 p.m.) ♥♥	Adults
12/18	Healthways BOOM (5:30-7 p.m.) ♥♥	Adults
12/19	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
12/19	Ballet (5:30-6:30 p.m.) ♥	Adults
12/20	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
12/20	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
12/20	Tai Chi (3-3:45 p.m.) ♥	Adults
12/20	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
12/21	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
12/21	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
12/22	Basic Strength (6-7 p.m.) ♥♥	Adults
12/27	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
12/27	Gentle Yoga (3-3:45 p.m.) ♥	Adults
12/27	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
12/28	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
12/28	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
12/30	Mat Pilates (9-10 a.m.) ♥	Adults
12/30	Bellydance with Veils (10:30-11:30 a.m.) ♥	Adults

\*Participants will be required to sign a waiver before participating in fitness classes.

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