

Capital BLUE

Find your healthy place. Start here.

MARCH

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.

MARCH 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
Fridays	Free Fruit Fridays (all day)	Everyone
3/8	Cooking Demo: Go Further With Avocados (5:30-6:30 p.m.)	Everyone
3/10	Spring Fling Kids' Event (11 a.m.-1 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
3/1	Yoga (9:30-10:30 a.m.) ♥	Adults
3/1	Cardio Core Fusion (4:30-5:30 p.m.) ♥ ♥	Adults
3/1	Fanny Fitness (5:45-6:30 p.m.) ♥ ♥	Adults
3/2	Basic Strength (6-7 p.m.) ♥ ♥	Adults
3/3	Mat Pilates (9:15-10:15 a.m.) ♥	Adults
3/3	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults
3/5	POUND® (4:30-5:30 p.m.) ♥ ♥	Adults
3/5	Fit Chicks (5:30-6:30 p.m.) ♥ ♥	Adults
3/6	Gentle Yoga (3:30-4:15 p.m.) ♥	Everyone
3/6	Kickboxing (4:30-5:15 p.m.) ♥ ♥ ♥	Adults
3/6	Ballet (5:30-6:30 p.m.) ♥	Adults
3/7	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
3/7	PiYo (4-5 p.m.) ♥ ♥	Adults
3/7	Zumba (6-7 p.m.) ♥ ♥	Adults
3/8	willPower&grace® (9:30-10:30 a.m.) ♥ ♥	Adults
3/8	Cardio Core Fusion (4:30-5:30 p.m.) ♥ ♥	Adults
3/8	Fanny Fitness (5:45-6:30 p.m.) ♥ ♥	Adults
3/9	Tabata (4:30-5 p.m.) ♥ ♥ ♥	Adults
3/12	POUND® (4:30-5:30 p.m.) ♥ ♥	Adults
3/12	HealthwaysBOOM (5:30-7 p.m.) ♥ ♥	Adults
3/13	Tai Chi (3:30-4:15 p.m.) ♥	Everyone
3/13	Kickboxing (4:30-5:15 p.m.) ♥ ♥ ♥	Adults
3/13	Ballet (5:30-6:30 p.m.) ♥	Adults
3/14	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
3/14	CIZE® LIVE (4-5 p.m.) ♥ ♥	Adults
3/14	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
3/15	Yoga (9:30-10:30 a.m.) ♥	Adults
3/15	Cardio Core Fusion (4:30-5:30 p.m.) ♥ ♥	Adults
3/15	Fanny Fitness (5:45-6:30 p.m.) ♥ ♥	Adults
3/16	Basic Strength (6-7 p.m.) ♥ ♥	Adults
3/17	Mat Pilates (9:15-10:15 a.m.) ♥	Adults
3/17	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults
3/19	POUND® (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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3/19	Fit Chicks (5:30-6:30 p.m.) ♥ ♥	Adults
3/20	Gentle Yoga (3:30-4:15 p.m.) ♥	Everyone
3/20	Kickboxing (4:30-5:15 p.m.) ♥ ♥ ♥	Adults
3/20	Ballet (5:30-6:30 p.m.) ♥	Adults
3/21	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
3/21	PiYo (4-5 p.m.) ♥ ♥	Adults
3/22	willPower&grace® (9:30-10:30 a.m.) ♥ ♥	Adults
3/22	Cardio Core Fusion (4:30-5:30 p.m.) ♥ ♥	Adults
3/22	Fanny Fitness (5:45-6:30 p.m.) ♥ ♥	Adults
3/23	Tabata (4:30-5 p.m.) ♥ ♥ ♥	Adults
3/24	Mat Pilates (9:15-10:15 a.m.) ♥	Adults
3/24	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults
3/26	POUND® (4:30-5:30 p.m.) ♥ ♥	Adults
3/26	HealthwaysBOOM (5:30-7 p.m.) ♥ ♥	Adults
3/27	Kickboxing (4:30-5:15 p.m.) ♥ ♥ ♥	Adults
3/27	Ballet (5:30-6:30 p.m.) ♥	Adults
3/28	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
3/28	CIZE® LIVE (4-5 p.m.) ♥ ♥	Adults
3/28	R.I.P.P.E.D (5-6 p.m.) ♥ ♥ ♥	Adults
3/28	Hip-Hop Basics (6-7 p.m.) ♥	Everyone
3/29	Yoga (9:30-10:30 a.m.) ♥	Adults
3/29	Fanny Fitness (5:45-6:30 p.m.) ♥ ♥	Adults
3/30	Basic Strength (6-7 p.m.) ♥ ♥	Adults
3/31	Mat Pilates (9:15-10:15 a.m.) ♥	Adults
3/31	Bellydance for Stress Relief (10:30-11:30 a.m.) ♥	Adults

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