

Capital BLUE

Find your
healthy place.
Start here.

AUGUST

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.

AUGUST 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
8/3	Living Healthier (11 a.m.-12 p.m., 4-5 p.m.)	Adults
8/9	Physical Activity & Your Health (11 a.m.-12 p.m., 4-5 p.m.)	Adults
8/14	Healthy Habits for Children and Families (11 a.m.-12 p.m., 4-5 p.m.)	Adults
8/19	Physical Activity & Your Health (11 a.m.-12 p.m.)	Adults
8/23	What Your Numbers Mean (11 a.m.-12 p.m., 4-5 p.m.)	Adults
8/29	Healthy Eating on the Go (11 a.m.-12 p.m., 4-5 p.m.)	Adults

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
8/1	Babies at the Barre™ (10:30-11:30 a.m.) ♥	Everyone
8/1	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
8/1	Ballet (5:30-6:30 p.m.) ♥	Adults
8/2	Total Body Fix (10-11:00 a.m.) ♥♥	Adults
8/2	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
8/2	Tai Chi (3-3:45 p.m.) ♥	Adults
8/2	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
8/2	Hip-Hop Basics (6-7 p.m.) ♥♥	Everyone
8/3	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
8/4	Basic Strength (6-7 p.m.) ♥♥	Adults
8/5	Basic Body Weight & Stretch (9:30-10:30 a.m.) ♥♥	Adults
8/5	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Everyone
8/7	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
8/8	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
8/8	Ballet (5:30-6:30 p.m.) ♥	Adults
8/9	Total Body Fix (10-11 a.m.) ♥♥	Adults
8/9	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
8/9	Gentle Yoga (3-3:45 p.m.) ♥	Adults
8/10	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
8/10	Vinyasa Yoga (11:30 a.m.-12:30 p.m.) ♥	Adults
8/10	Kid's Yoga (12:30-1:30 p.m.) ♥	Children
8/10	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
8/11	Tabata (4:30-5 p.m.) ♥♥♥	Adults
8/11	Basic Strength (6-7 p.m.) ♥♥	Adults
8/12	Pilates (9:30-10:30 a.m.) ♥	Adults
8/12	Bellydance with Veils (11 a.m.-12 p.m.) ♥	Adults
8/14	Healthways BOOM (5:30-7 p.m.) ♥	Adults
8/15	Babies at the Barre™ (10:30-11:30 a.m.) ♥	Everyone
8/15	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
8/15	Ballet (5:30-6:30 p.m.) ♥	Adults
8/16	Total Body Fix (10-11 a.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
8/16	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
8/16	Tai Chi (3-3:45 p.m.) ♥	Adults
8/17	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
8/18	Basic Strength (6-7 p.m.) ♥♥	Adults
8/19	Basic Body Weight & Stretch (9:30-10:30 a.m.) ♥♥	Adults
8/19	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Everyone
8/21	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
8/22	Ballet (5:30-6:30 p.m.) ♥	Adults
8/23	Total Body Fix (10-11 a.m.) ♥♥	Adults
8/23	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
8/23	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
8/23	Hip-Hop Basics (6-7 p.m.) ♥♥	Everyone
8/24	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
8/24	Vinyasa Yoga (11:30 a.m.-12:30 p.m.) ♥	Adults
8/24	Kid's Yoga (12:30-1:30 p.m.) ♥	Children
8/24	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
8/25	Basic Strength (6-7 p.m.) ♥♥	Adults
8/26	Pilates (9:30-10:30 a.m.) ♥	Adults
8/26	Bellydance with Veils (11 a.m.-12 p.m.) ♥	Adults
8/28	Healthways BOOM (5:30-7 p.m.) ♥	Adults
8/29	Babies at the Barre™ (10:30-11:30 a.m.) ♥	Everyone
8/29	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
8/29	Ballet (5:30-6:30 p.m.) ♥	Adults
8/30	Total Body Fix (10-11 a.m.) ♥♥	Adults
8/30	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
8/30	Tai Chi (3-3:45 p.m.) ♥	Adults
8/30	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
8/30	Hip-Hop Basics (6-7 p.m.) ♥♥	Everyone
8/31	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults

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