

Capital BLUE

Find your
healthy place.
Start here.

NOVEMBER

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



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.

NOVEMBER 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
Everyday	Body Mass Index Checks and Body Composition Analysis (all day)	Everyone
11/2	Fall Flavors Food Demo (6-7 p.m.)	Adults
11/13	Diabetes (11 a.m.-12 p.m.; 4-5 p.m.)	Adults
11/21	Food Safety (11 a.m.-12 p.m.; 4-5 p.m.)	Adults
11/27	Stress and Your Health (11 a.m.-12 p.m.; 4-5 p.m.)	Adults
	Healthy Holiday Stress Management: A Women's Health Series 11/8 Healthy Holiday Habits – Are You Ready (6-7:30 p.m.) 11/15 Holiday Cure for Negativity (6-7:30 p.m.) 11/29 Holiday Body Conscious-NESS (6-7:30 p.m.)	Adults

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

*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
11/13	POUND® (4:30-5:30 p.m.) ♥♥	Adults
11/13	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
11/14	Early Bird Kickboxing (8:15-9 a.m.) ♥♥♥	Adults
11/14	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
11/14	Ballet (5:30-6:30 p.m.) ♥	Adults
11/15	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
11/15	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
11/15	Gentle Yoga (3-3:45 p.m.) ♥	Adults
11/15	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
11/16	Early Bird Tabata (8:30-9 a.m.) ♥♥♥	Adults
11/16	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
11/16	Babies at the Barre™ (1-2 p.m.) ♥	Everyone
11/16	Toddlers at the Barre™ (2-3 p.m.) ♥	Everyone
11/16	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
11/16	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
11/17	Tabata (4:30-5 p.m.) ♥♥♥	Adults
11/18	Mat Pilates (9-10 a.m.) ♥	Adults
11/18	Bellydance with Veils (10:30-11:30 a.m.) ♥	Adults
11/20	POUND® (4:30-5:30 p.m.) ♥♥	Adults
11/20	Healthways BOOM (5:30-7 p.m.) ♥♥	Adults
11/21	Early Bird Kickboxing (8:15-9 a.m.) ♥♥♥	Adults
11/21	Creative Movement for Kids (12:30-1:30 p.m.) ♥	Children
11/21	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
11/21	Ballet (5:30-6:30 p.m.) ♥	Adults
11/22	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
11/25	Mat Pilates (9-10 a.m.) ♥	Adults
11/25	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Everyone
11/27	POUND® (4:30-5:30 p.m.) ♥♥	Adults
11/27	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
11/28	Early Bird Kickboxing (8:15-9 a.m.) ♥♥♥	Adults
11/28	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
11/28	Ballet (5:30-6:30 p.m.) ♥	Adults
11/29	Functional Movement Exercise Class (10-11 a.m.) ♥	Adults
11/29	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
11/29	Gentle Yoga (3-3:45 p.m.) ♥	Adults
11/29	R.I.P.P.E.D (5-6 p.m.) ♥♥♥	Adults
11/30	Early Bird Tabata (8:30-9 a.m.) ♥♥♥	Adults
11/30	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
11/30	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
11/30	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults

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