

Capital BLUE

Find your
healthy place.
Start here.

SEPTEMBER

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.

SEPTEMBER 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
9/8	Men's & Women's Health (11 a.m.-12 p.m., 4-5 p.m.)	Everyone
9/8	Artist Reception with Roseann Wolfe (4-6 p.m.)	Everyone
9/9	Ready, Set, Explore with Curious George (9-11a.m.)	Everyone
9/21	Healthy Habits for Children & Families (11 a.m.-12 p.m., 4-5 p.m.)	Everyone
9/26	Living Healthier (11 a.m.-12 p.m., 4-5 p.m.)	Everyone
9/30	Healthy Habits for Children & Families (11 a.m.-12 p.m.)	Everyone

FITNESS CLASSES* (Free for members. \$5 per class for nonmembers.)		Age Group
9/1	Bellydance with Veils (4:30-5:30 p.m.) ♥	Adults
9/2	Mat Pilates (9:30-10:30 a.m.) ♥	Adults
9/2	Babies at the Barre™ (11 a.m.-12 p.m.) ♥	Everyone
9/5	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
9/5	Ballet (5:30-6:30 p.m.) ♥	Adults
9/6	Total Body Fix (10-11 a.m.) ♥♥	Adults
9/6	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
9/6	Gentle Yoga (3-3:45 p.m.) ♥	Adults
9/6	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
9/7	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
9/7	Vinyasa Yoga (11:30 a.m.-12:30 p.m.) ♥	Adults
9/7	Kids' Yoga (12:30-1:30 p.m.) ♥	Children
9/8	Tabata (4:30-5 p.m.) ♥♥♥	Adults
9/8	Mat Pilates (6-7 p.m.) ♥♥	Adults
9/11	POUND® (4:30-5:30 p.m.) ♥♥	Adults
9/11	HealthwaysBOOM (5:30-7 p.m.) ♥♥	Adults
9/12	Babies at the Barre™ (10:30-11:30 a.m.) ♥	Everyone
9/12	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
9/12	Ballet (5:30-6:30 p.m.) ♥	Adults
9/13	Total Body Fix (10-11 a.m.) ♥♥	Adults
9/13	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
9/13	Tai Chi (3-3:45 p.m.) ♥	Adults
9/13	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
9/13	HipHop Basics (6-7 p.m.) ♥	Everyone
9/14	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
9/14	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
9/15	Bellydance with Veils (4:30-5:30 p.m.) ♥	Adults
9/15	Basic Strength (6-7 p.m.) ♥♥	Adults
9/16	Mat Pilates (9:30-10:30 a.m.) ♥	Adults
9/16	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
9/18	POUND® (4:30-5:30 p.m.) ♥♥	Adults
9/18	Fit Chicks (5:30-6:30 p.m.) ♥♥	Adults
9/19	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
9/19	Ballet (5:30-6:30 p.m.) ♥	Adults
9/20	Total Body Fix (10-11 a.m.) ♥♥	Adults
9/20	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
9/20	Gentle Yoga (3-3:45 p.m.) ♥	Adults
9/20	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
9/21	Willpower & Grace® (9:30-10:30 a.m.) ♥♥	Adults
9/21	Vinyasa Yoga (11:30 a.m.-12:30 p.m.) ♥	Adults
9/21	Kids' Yoga (12:30-1:30 p.m.) ♥	Children
9/21	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
9/22	Tabata (4:30-5 p.m.) ♥♥♥	Adults
9/22	Mat Pilates (6-7 p.m.) ♥♥	Adults
9/23	Mat Pilates (9:30-10:30 a.m.) ♥	Adults
9/23	Bellydance with Veils (11 a.m.-12 p.m.) ♥	Adults
9/25	POUND® (4:30-5:30 p.m.) ♥♥	Adults
9/25	HealthwaysBOOM (5:30-7 p.m.) ♥♥	Adults
9/26	Babies at the Barre™ (10:30-11:30 a.m.) ♥	Everyone
9/26	Kickboxing (4:30-5:15 p.m.) ♥♥♥	Adults
9/26	Ballet (5:30-6:30 p.m.) ♥	Adults
9/27	Total Body Fix (10-11 a.m.) ♥♥	Adults
9/27	Bellydance for Stress Relief (11:15 a.m.-12:15 p.m.) ♥	Adults
9/27	Tai Chi (3-3:45 p.m.) ♥	Adults
9/27	R.I.P.P.E.D. (5-6 p.m.) ♥♥♥	Adults
9/27	HipHop Basics (6-7 p.m.) ♥	Everyone
9/28	Cardio Core Fusion (4:30-5:30 p.m.) ♥♥	Adults
9/28	Fanny Fitness (5:45-6:30 p.m.) ♥♥	Adults
9/29	Bellydance with Veils (4:30-5:30 p.m.) ♥	Adults
9/29	Basic Strength (6-7 p.m.) ♥♥	Adults
9/30	Mat Pilates (9:30-10:30 a.m.) ♥	Adults

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