



VIRTUAL

Blomeyer has gone **VIRTUAL!** Check out the options below created to keep your mind energized and your body moving!

VIRTUAL GROUP FITNESS: Enjoy LIVE 30-minute daily workouts that can be done at home with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. The classes will be live streamed via Zoom.

- [Register in advance](#) to let us know you're planning to attend.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am			Core, Cardio, & Stretch		
12:00 pm	Kickbox	Power 30	Butts & Guts	Bootcamp	HIIT
5:00 pm	Bootcamp		HIIT		

Class Logon: <https://zoom.us/s/7971885034> **From the Zoom app use ID:** 797 188 5034

ACTIVE WORKS: [Active Works](#) encourages you to add more movement and activity to your workday. Blomeyer will post prerecorded sessions at 10:00 am daily on the Blomeyer [You Tube page](#). Accessible at any time, they are a convenient way add movement and boost energy during your day. Activities include:

Posture & Core: Seated and standing movements work to improve posture and strengthen the core.

Stretch: Focusing on the neck, shoulders, back, arms and wrists to relieve tension and restore mobility.

Release & Recover: Reduce muscular stiffness, improve blood flow and flexibility, as well as speed recovery.

Yoga/Mindfulness: Relax and renew with gentle yoga poses designed to reduce muscle tension.

VIRTUAL COFFEE BREAK: Stay connected with your friends and the staff from Blomeyer. Join this round table discussion that will focus on a wellbeing topic each week. Duration 15-20 minutes. The virtual coffee break will meet via Zoom.

WEEKLY WORKOUT: Blomeyer staff will keep you moving toward your health and fitness goals. We will be sharing weekly workouts designed with little to no equipment that can be easily done at home or outdoors. The workouts will be emailed at the beginning of the week.

ASK THE TRAINER: Weekly opportunity to Zoom in to ask the Blomeyer staff questions about health, wellness, or fitness.

REGISTRATION: Register for activities here: <https://www.surveymonkey.com/r/JNQSQX7>

For more information, contact Blomeyer@emory.edu