

Blomeyer Health Fitness Center Group Exercise Class Schedule

Blomeyer has transitioned to hybrid group exercise classes since February 2023. You can attend in-person or online at your convenience. Check out the options we've created for you to keep your mind energized and your body moving!

JOINING VIRTUALLY? Enjoy LIVE 45-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. Classes are live-streamed via Zoom.

For the Zoom link, [click here](#).

Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 12:45 p.m. Total Body Conditioning (hybrid)	12:00 - 12:45 p.m. Body Weight Burn (hybrid)	12:00 - 12:45 p.m. Butts & Guts (hybrid)	12:00 - 12:45 p.m. Boot Camp (hybrid)	12:00 - 12:45 p.m. Tabata (hybrid)
	5:30 - 6:15 p.m. Boot Camp Sculpt	5:30 - 6:15 p.m. Yoga	5:30 - 6:15 p.m. Cycle	

Total Body Conditioning: Total Body Conditioning is a multi-level full body workout that targets all the major muscle groups. This workout is designed to contain challenging exercises that will increase strength, decrease body fat, and improve overall conditioning.

Body Weight Burn: This is a fun full body class geared towards only using body weight exercises that you can do at the gym or in the comfort of your home with no exercise equipment needed.

Butts N' Guts: This class is a fun micro class that focuses on strengthening the abs and glutes.

Boot Camp: Join us for a conditioning class that consists of calisthenic cardio activities combined with alternating segments of weight training while utilizing free weights.

Tabata: A high intensity interval training workout with cardio moves, body weight exercises and utilizing hand weights.

Boot Camp Sculpt: A challenging and dynamic whole body muscle conditioning class utilizing free weights and your own body weight.

Yoga: This class incorporates yoga postures, gentle movement sequences, breath work, supported silence meditation and guided relaxation to support increased awareness and mindfulness of the breath and body while quieting the nervous system.

Cycle: Learn proper cycling techniques, perfect your body alignment, and dive into invigorating cardio drills that will leave you feeling energized and accomplished.

For more information

Call (404) 727-4600, email blomeyer@emory.edu or visit <https://www.hr.emory.edu/blomeyer>