Blomeyer is VIRTUAL and IN-PERSON! Check out the options we’ve created for you 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.

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>12:00 PM – 12:30 PM</td>
<td><strong>HIIT Virtual</strong></td>
<td><strong>Power 30 Virtual</strong></td>
<td><strong>Butts &amp; Guts Virtual</strong></td>
<td><strong>Boot Camp Virtual</strong></td>
<td><strong>Tabata Virtual</strong></td>
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<tr>
<td>12:45 PM – 1:15 PM</td>
<td><strong>Boot Camp In-Person</strong></td>
<td><strong>Butts &amp; Guts In-Person</strong></td>
<td><strong>Power 30 In-Person</strong></td>
<td><strong>Body Sculpt In-Person</strong></td>
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IN-PERSON GROUP FITNESS: 30-minute daily workouts in the group fitness room and on the track taught by Blomeyer staff. Class participation will be limited to ensure safe social distancing.

For more information, contact Blomeyer@emory.edu
Class Descriptions

**Power 30:** An upper body strength, and endurance class for all ages and levels focused on muscle building and body toning

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

**Butts N’ Guts:** A 30-minute class that focuses on abs and glutes.

**HIIT:** A High intensity interval training workout that involves repeated bouts of explosive anaerobic exercise followed by brief recovery times.

**Kickboxing:** A popular training program that is a fun, action-packed workout that combines martial arts, boxing, and cardio moves.

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

**Body Sculpt:** A challenging and dynamic whole-body muscle conditioning class utilizing free weights and your own body!