



VIRTUAL 2021

Blomeyer is **VIRTUAL!** 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.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am			Low Intensity Interval Training		
11:00 am		Active Works		Active Works	
12:00 pm	Kickbox	Power 30	Butts & Guts	Bootcamp	Tabata
5:00 pm	Body Sculpt				

ACTIVE WORKS: [Active Works](#) helps you to add more movement and activity to your workday. Join Blomeyer staff for ten minutes of movement. Active works sessions are a convenient way add movement, manage stress, 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.

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

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. [Register here.](#)

Register for activities here: [REGISTRATION](#)

For more information, contact Blomeyer@emory.edu