



# Blomeyer Buzz



October  
2021

## Blomeyer is now Open to Affiliates

We are happy to announce the fitness center is now officially open to Emory employee spouses and affiliate members beginning October 1, 2021.

### How to Activate Your Blomeyer Membership

Blomeyer Health Fitness Center **Affiliate** and **Spouse** members will be required to show one-time proof of COVID-19 vaccination to reinstate membership starting on Friday, October 1, 2021. **Please bring your CDC COVID-19 Vaccination Record Card to update your membership.** Once membership is reinstated, affiliate and spouse members will be given a login ID to reserve workout times in the fitness center. Fitness center reservation will be on the Blomeyer portal. <https://blomeyer.emory.edu/> [Click here to review the reservation process.](#)

Your health and safety along with the well-being of our staff are of the highest priority. Therefore, there will be a few operational changes. These include:

- Reservation appointments to use the fitness center.
- Limiting workout sessions to 60 minutes.
- Reducing equipment availability for social distancing purposes.
- Limiting hours of operation for increased sanitization and cleaning of the facility.
- **Requiring face masks to be worn at all times while in the facility.**
- Showers are open with limited capacity. Please bring your own towel.

### Blomeyer Parking

Blomeyer will no longer validate parking in the 1525 deck. Non-Emory employees pay the hourly rate to the attendant for parking. Time your workouts in the fitness center so that you leave the parking deck before 8:00 am or come in after 5:00pm Monday through Friday when the parking is free.

For a complete list of modifications and additional details such as facility hours of operation and FAQ's, please visit our website. <https://www.hr.emory.edu/eu/wellness/blomeyer/index.html>



## BLOMEYER HEALTH FITNESS CENTER

1525 CLIFTON RD NE

### FALL HOURS

Monday, Tuesday, & Thursday:  
11AM-7PM

Wednesday & Friday: 6AM-3PM



### MEMBERSHIP

- \$27 per month for Emory employees
- \$52 per month for spouses/affiliates

### OTHER DETAILS

- **Showers are now open!**
- Please bring your own towel
- Workouts limited to 60 minutes
- Face masks required at all times
- COVID safety precautions are in place

For more info:

[blomeyer@emory.edu](mailto:blomeyer@emory.edu) 404-727-4600  
[hr.emory.edu/blomeyer](http://hr.emory.edu/blomeyer)



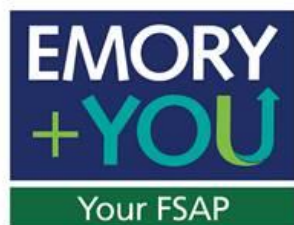


# *Refresh From Stress: 30-DAY INSPIRATION*

*Sign up to engage in 30 simple ways to  
reduce anxiety and enhance your mood!*

## **OCTOBER 1-30**

[www.fsap.emory.edu/refreshfromstress](http://www.fsap.emory.edu/refreshfromstress)



## Healthy Eating: RECIPE OF THE MONTH

### Pumpkin Soup

#### Ingredients:

6 cups chicken stock  
 1 ½ teaspoon salt  
 4 cups pumpkin puree  
 1 teaspoon chopped fresh parsley  
 1 cup chopped onion  
 ½ teaspoon chopped fresh thyme  
 1 clove garlic, minced  
 ½ cup heavy whipped cream  
 5 whole black peppercorns

#### Directions:

1. Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.
2. Puree the soup in small batches (1 cup at a time) using a food processor or blender.
3. Return to pan and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

[allrecipes.com](https://www.allrecipes.com)



## Fall Walking on Wednesdays 2021

Starting Sept 22nd, join us for a 6-week walking series. Stay active whether you are working from home or in the office. We will have unique themes to keep you engaged. You will have an opportunity to participate virtually or in-person this series!

**Virtual:** Everyone who sends a picture of their walk on Wednesdays will receive 100 points weekly. "Attend" 5 of 6 walks and receive 1000 points towards your Healthy Emory Connect account.

**In person:** Walking in Lullwater? Meet us at the Clifton Road gate entrance to Lullwater Preserve, 1463 Clifton Road. Walk independently or with a group and enjoy fun themes while you move more during the workday!

Walking will occur every Wednesday, September 22 - October 27, 2021. Walks can be completed at any time during the day or at noon.

Registration link: <https://apps.hr.emory.edu/register/details.jsp?event=1194>



**VIRTUAL**



**IN-PERSON**



**GROUP FITNESS**

**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/j/7971885034> **From the Zoom app use ID:** 797 188 5034

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 PM – 12:30 PM	<a href="#">Kickbox Virtual</a>	<a href="#">Power 30 Virtual</a>	<a href="#">Butts &amp; Guts Virtual</a>	<a href="#">Boot Camp Virtual</a>	<a href="#">Tabata Virtual</a>
12:45 PM – 1:15 PM	<b>Boot Camp In-Person</b>	<b>Butts &amp; Guts In-Person</b>	<b>Power 30 In-Person</b>	<b>Body Sculpt In-Person</b>	

**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](mailto:Blomeyer@emory.edu)

Join the Blomeyer staff for **Squatober October 18 – 22** virtually and in-person where you will learn and complete a variety of Squats while tightening and toning your lower body!