



Scan above to sign-up  
for Mini-Olympics  
and/or Karaoke.

Come celebrate with us at Blomeyer! See below for a detailed schedule of events and how to increase your chances to win a raffle prize. We hope to see you there! For questions, email us at [Blomeyer@emory.edu](mailto:Blomeyer@emory.edu) or call 404.727.4600.

**All day**

## Healthy Snacks

*Stop by the snack table located at the table in the lobby for some healthy light refreshments while supplies last.*

**6:30 - 7:00 a.m.**

## Express HIIT

*Our 30-minute high-intensity interval training (HIIT) class is designed to maximize your workout in minimal time!*

**7:30 - 8:00 a.m.**

## Cycle

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

**9:30 - 10:00 a.m.**

## Stretch & Flex

*A dynamic class designed to unlock your body's potential and enhance your overall mobility and vitality.*

**12:00 - 12:30 p.m.**

## Functional Fitness

*Focus on exercises that enhance your everyday movements, improving strength, balance, and flexibility.*

**4:00 - 5:00 p.m.**

## Blomeyer Mini-Olympics

*Enjoy friendly competition? Blomeyer Mini Olympics will consist of a 3-legged race, 1-min. max air squats, 1-min. plank challenge and ball toss shuffle. Scan the QR code above or stop by the front desk to sign up. Located in the group ex. studio.*

**4:00 - 6:00 p.m.**

## 5-minute Chair Massages

*Come relax and enjoy a 5-minute chair massage from Blomeyer's GA licensed massage therapist. Massages are first come, first serve and located in Blomeyer conference room 505.*

**5:00 - 6:00 p.m.**

## Blomeyer Karaoke

*Come have some fun with the Blomeyer family and sing along to your favorite workout hits! Scan the QR code above or stop by the front desk to sign up. Located in Blomeyer conference room 509.*

**5:30 - 6:15 p.m.**

## Yoga

*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.*

Members will receive 1 raffle ticket at check-in. Additional raffle tickets can be earned by: bringing a guest and/or participating in any group ex class, a 5-min. chair massage, mini-Olympics or karaoke. The more you participate the greater your chance of winning!

Raffle prizes include a 30-minute table massage, a 1-month Blomeyer membership, and a 30-minute personal training session. Raffle drawings will take place throughout the day and entries are valid for the entire day. You do not need to be present to win. Winners will be notified via email on Thursday, Oct. 3.

