

# GROUP EXERCISE

## May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Total Body Conditioning</b> 12:00 – 12:45 p.m. <i>(hybrid)</i>	<b>Cardio Core Blitz</b> 12:00 – 12:30 p.m. <i>(hybrid)</i>	<b>Functional Fitness</b> 12:00 – 12:45 p.m. <i>(hybrid)</i> <b>Final class 5/14</b>	<b>Boot Camp</b> 12:00 – 12:45 p.m. <i>(hybrid)</i>	<b>Tabata</b> 12:00 – 12:45 p.m. <i>(hybrid)</i>
<b>Vitality Vinyasa</b> 5:30 – 6:15 p.m.		<b>Yoga</b> 5:30 – 6:15 p.m.		

**Hybrid:** Blomeyer offers hybrid classes allowing you to attend in-person or online. Join us every weekday at 12:00 p.m. from your home, your office, or in our studio. These 45-minute workouts utilize minimal to no equipment. Classes are live streamed via Zoom. Click [here](#) to join. No registration required.

### CLASS DESCRIPTIONS

**Boot Camp (hybrid):** Join us for a conditioning class that consists of callisthenic cardio activities combined with alternating segments of strength training.

**Functional Fitness (hybrid):** Focuses on exercises that enhance your everyday movements, improving strength, balance, and flexibility. Using a variety of equipment and bodyweight exercises, you will build a strong foundation that supports overall wellness and prepares your body for real-life activities. **Final class 5/14.**

**Cardio Core Blitz (hybrid):** A 30-minute high-energy circuit combining heart-pumping cardio and concentration on the core muscle groups, including your abdominals, hips, glutes and lower back.

**Total Body Conditioning (hybrid):** A full body workout that targets all the major muscle groups. This class incorporates challenging exercises that will increase strength, decrease body fat, and improve overall conditioning.

**Tabata (hybrid):** A high-intensity interval training workout that incorporates short bursts of cardio and strength.

**Vitality Vinyasa:** Incorporates a mixture of Yin and Vinyasa yoga to improve balance, build strength, and increase flexibility. Expect creative flows that engage your core, improve your strength, and cultivate balance, while calming your mind to leave you feeling empowered and energized. Designed for intermediate, but suitable for all levels with modifications available to meet you where you are.

**Yoga:** Incorporates a variety of yoga postures, gentle movement sequences, breath work, guided silence meditation and relaxation to support increased awareness and mindfulness of the breath and body. Designed for beginners, but suitable for all levels.