

GROUP EXERCISE

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Body Conditioning 12:00 – 12:45 p.m. <i>(hybrid)</i> No class 2/3		Functional Fitness 12:00 – 12:45 p.m. <i>(hybrid)</i>	Boot Camp 12:00 – 12:45 p.m. <i>(hybrid)</i>	Tabata 12:00 – 12:45 p.m. <i>(hybrid)</i>
Stretch & Flex 5:30 – 6:15 p.m.		Yoga 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): This class 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.

Stretch & Flex: A dynamic class designed to unlock your body's potential and enhance your overall mobility and vitality. Learn a variety of stretches to improve flexibility and release tension to improve your joint's ranges of motion safely and effectively.

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

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.
NO CLASS 2/3.

Yoga: This class incorporates yoga postures, gentle movement sequences, breath work, supported silence meditation, as well as guided relaxation to support increased awareness and mindfulness of the breath and body while quieting the nervous system.