


RE-ENERGIZE.
REVITALIZE.
RELAX.
REDEFINE.

MEMBERSHIP



On-site + Online **FITNESS**


BlomeyerONE



About us: We are passionate about health and fitness and helping you be your personal best. We are here both on-site and online to support you through classes, education, personal training and more.

Membership offerings

Take advantage of all that your fitness center membership has to offer, with a state-of-the-art facility and best-in-class services. Options include:

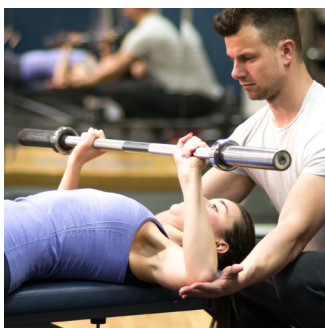
Cardiovascular and resistance equipment — the latest in equipment and machines, and a large range of free-weights.

Fitness assessment — (included in all memberships) — we'll assess your current fitness level, including movement, flexibility, strength and endurance, as well as measure your heart rate, blood pressure and body composition. Includes a personalized exercise prescription to help optimize movement and support you in reaching your goals.

Group fitness classes — enjoy regularly scheduled, live classes across a variety of categories including strength and conditioning, cycling, bootcamp, core, yoga and more.

Programs, challenges and education opportunities — including fitness and total wellbeing options.

Personal training* — train with supportive, professional trainers (certified by nationally accredited training organizations) who will tailor your workouts with a personalized exercise plan to help you achieve your goals. Select from personal, buddy or small group trainings.





Massage therapy* — recover and soothe your mind and body with various massage options.

Locker rooms — including amenities.

Membership options

Fitness center membership is open to all Emory employees, spouses, retirees and affiliates (CDC/Children's Healthcare of Atlanta/Wesley Woods).

- Enrollment fee: \$27
- Emory employee/retiree monthly fee: \$27
- Emory spouse monthly fee: \$52
- Affiliate (CDC/Children's Healthcare of Atlanta/Wesley Woods) employee monthly fee: \$52

Locker Rental

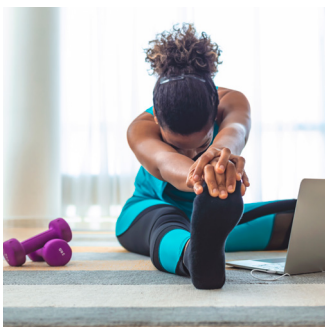
Monthly fee: \$10

Day lockers are available at no additional charge.

Get started today!

Visit the facility during normal hours of operation to sign up.

**These services are available at an additional fee.*





Hours of Operation

Monday - Friday

6:00 a.m. - 7:00 p.m.

Closed weekends and company-
recognized holidays.

Questions?

For current information on
programs and services,
Please call (404) 727-4600,
email blomeyer@emory.edu or
visit hr.emory.edu/eu/wellness/blomeyer.

