Group Fitness Classes are back!

We are happy to announce Group Fitness Classes are back at the Blomeyer Health Fitness Center!

**How to Participate in Group Fitness Classes**
To participate in Group Fitness Classes, employees and affiliate members will need to book a fitness center reservation on the [Blomeyer portal](#). If you need assistance making a fitness center reservation online, check out our [video tutorial here](#). For a complete schedule of our Group Fitness Classes see page 5 of this newsletter.

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 5:00 pm 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. [hr.emory.edu/blomeyer](hr.emory.edu/blomeyer)

**Holiday Hours**
The Blomeyer Healthy Fitness Center will be closed, and classes are cancelled November 25-26.
BLOMEYER HEALTH

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 404-727-4600 hr.emory.edu/blomeyer
Pap Test: An ounce of prevention = A pound of cure!

A pap test helps detect early signs of cervical cancer. Individuals from ages 21 - 65 are at highest risk, thus screening should start at age 21. Ninety-two percent of people survive cervical cancer if diagnosed early. The frequency of a pap smear depends on age, specific risk factors, and previous test results, so talk to your doctor to see if this is right for you.

Screening for cervical cancer is preventive care, so there is no cost to you if you are covered by the Emory Aetna or Kaiser medical plans and use in-network providers. Schedule your screening today! Learn more here: bit.ly/EmoryPreventiveExam.

For questions, contact healthyemory@emory.edu or 404-712-3775.
Healthy Eating:

**RECIPE OF THE MONTH**

**Chopped Brussels Sprout Salad**

**Ingredients:**

- 1 shallot, minced
- ¼ cup cider vinegar
- ¼ cup sunflower seed oil
- 2 tablespoons Dijon mustard
- ½ teaspoon honey
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 cups Brussels sprouts, trimmed, halved, and sliced
- 2 Gala apples, cored and thinly sliced
- ½ cup dried cranberries
- 1/3 cup sliced almonds
- 1/3 cup raw sunflower seed kernels
- 1/3 cup shelled, raw pumpkin seeds

**Directions:**

1. Whisk shallot, vinegar, oil, Dijon mustard, honey, salt, and pepper together in a small bowl.

2. Place Brussels sprouts, apples, cranberries, almonds, sunflower seeds, and pumpkin seeds in a bowl; pour vinegar mixture over and toss to combine.

[allrecipes.com](http://allrecipes.com)

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**Ask the Registered Dietitian (RD)!**

During this time of change and adaptation, many of us have struggled with maintaining healthy eating habits. Join this group discussion that will focus on a different nutrition topic each week to learn some tips for nutrition success! Occurs alternating Wednesdays at 11am via Zoom.

Duration: 30 minutes

**TOPICS:**

**November 17:** Holiday Meal Makeovers

**December 1:** Four Keys to Healthy Eating When Ordering Out

**December 15:** Eating Healthy During the Holidays

Register [HERE](http://example.com)

*If you have already registered previously…you do not need to register again.*
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/s/7971885034](https://zoom.us/s/7971885034) From the Zoom app use ID: 797 188 5034

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>12:00 PM – 12:30 PM</td>
<td><strong>Kickbox Virtual</strong></td>
<td><strong>Power 30 Virtual</strong></td>
<td><strong>Butts &amp; Guts Virtual</strong></td>
<td><strong>Boot Camp Virtual</strong></td>
<td><strong>Tabata Virtual</strong></td>
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<tr>
<td>12:45 PM – 1:15 PM</td>
<td><strong>Boot Camp In-Person</strong></td>
<td><strong>Butts &amp; Guts In-Person</strong></td>
<td><strong>Power 30 In-Person</strong></td>
<td><strong>Body Sculpt In-Person</strong></td>
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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

In observance of the holiday, Virtual and In-Person classes are cancelled November 25-26.