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

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>12:00 PM – 12:30 PM</td>
<td><a href="#">Total Body Conditioning</a> Virtual</td>
<td><a href="#">Power 30</a> Virtual</td>
<td><a href="#">Butts &amp; Guts</a> Virtual</td>
<td><a href="#">Boot Camp</a> Virtual</td>
<td><a href="#">Tabata</a> Virtual</td>
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<tr>
<td>12:45 PM – 1:15 PM</td>
<td><a href="#">Boot Camp</a> In-Person</td>
<td><a href="#">Spin+</a> In-Person</td>
<td><a href="#">DanceFit</a> In-Person</td>
<td><a href="#">Body Sculpt</a> In-Person</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](mailto:Blomeyer@emory.edu)
Class Descriptions

**Total Body Conditioning (TBC):** TBC is a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain challenging exercises that will increase strength, decrease body fat and improve overall conditioning.

**Power 30:** An upper body strength, and endurance class for all ages and levels focused on muscle building and body toning.

**Butts N’ Guts:** A 30-minute class that focuses on abs and glutes.

**Boot Camp:** Join us for a conditioning class that consists of callisthenic cardio activities with alternating segments of weight training while utilizing weights.

**Spin+:** Indoor cycling, studio cycling or 'spinning' is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 30-minute calorie-crunching session! Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles to make you super strong. The “+” includes added strength training.

**Tabata:** A high intensity interval training workout with cardio moves, body weight exercises, and utilizing hand weights.

**DanceFit:** An exhilarating cardio-dance class that uses pop, hip hop and salsa music combined with easy-to-follow moves with fast & slow rhythms (interval training) to tone & sculpt your body while burning fat. Feels like a party!

**Body Sculpt:** A challenging and dynamic whole-body muscle conditioning class utilizing free weights and your own body!