LET BLOMEYER HELP KEEP YOUR EMPLOYEES ENGAGED!

**Micro Class Event:** The Blomeyer team is happy to host Micro Class events. A Micro Class can vary in scope but ideas could include but are not limited to the following: short group exercise demos, fun short fitness challenges, facility overview and informational table, team walk around campus, Walking Meeting at Blomeyer using the indoor track, etc. If any of these options work for your team, please choose from the dropdown below.

- **Group Exercise Demos:** (we can bring a group exercise micro class to you). These can vary in length based on your needs but typically run between 15 – 20 minutes at most. As an example, this can be a dance party to relieve stress and introduce fun.

- **Fitness Challenges:** Blomeyer can bring short fitness challenges to your team. As an example, we can offer something fun and simple (plank challenge), Poker Walk (who can get the best hand of the group by increasing physical activity, quick one to two week challenges to keep your team engaged, increase energy = productivity while having a little fun!

- **Facility Overview/Informational Table:** If you are hosting an event and would like Blomeyer to provide information on our facility, meet and greet with staff, etc.

- **Walking Meetings at Blomeyer:** Did you know that Blomeyer has an indoor walking track located on the second floor? We can host your team/department for a walking meeting to again, increase morale, energy, etc. while still getting your goals accomplished!

**Interested?**

Simply complete the [Outreach Request Form](#) or contact the Blomeyer Health Fitness Center to learn more!