BE POWERFUL.
Unlock your healthy potential.

BLOMEYER HEALTH FITNESS CENTER

MOVE MORE
CHALLENGE SPECIAL
(*for Move More participants only)

8-week membership for $50
September 19-November 13, 2016

*To redeem this offer, contact Blomeyer:

- Certified health and fitness specialists and personal trainers. Professional staff to help you reach your goals.
- Group classes included in membership. Regularly scheduled classes may include Spin, Yoga, Zumba, Core Conditioning, and Boot Camp.
- State-of-the-art cardiovascular and resistance equipment.
- Full-service amenities. Locker rooms, sauna, towel service and showers with shampoo and hair dryers.

FITNESS CENTER HOURS:
Monday - Thursday: 5:30 a.m.—9:00 p.m.
Friday: 5:30 a.m. – 8:00 p.m.
Saturday & Sunday: 8:00 a.m. – 6:00 p.m.
Free parking in deck:
M-F: 5:30 am—8 am & 4:30 pm — 9 pm
Weekends: all day

CONTACT:
1525 Clifton Rd, Atlanta, 30322
404-727-4600
blomeyer@emory.edu
www.hr.emory.edu/blomeyer

Regular monthly membership fees:
$27 (employees & retirees) and $52 (spouses/partners)

Professionally managed by HealthFitness, the leading provider of employee health solutions.
Promotional material. | © 2015 Health Fitness Corporation
Invite Blomeyer to Your Next Office Meeting!

Create a healthier work environment. Invite Blomeyer to speak at your next office meeting to inform your co-workers about who we are and what we offer. A membership special of no money down will be offered to those who sign up during the meeting!

Workplace Seminars we offer:

- Back Health - Preventing pain and strain
- Becoming a Smart Health Care Consumer - Navigating the maze
- Blood Pressure - A vital force for life
- Building Strength - A cornerstone for good health
- Delicious Vegetables - Adding nutrients the tasty way
- Depression in America - Understanding its impact
- Diabetes - Awareness and prevention
- Family Health - Solving the family health puzzle
- Fiber - Making it Fit
- Financial Well-being - Small steps to fiscal fitness
- Fitting in Fitness - Exercise options for busy people
- Flu Prevention - Steps to stay well
- Food Safety 101 - Know the facts
- Gluten Awareness - Insight into the gluten-free trend
- Healthy Eating - Step up to the plate
- Healthy Lunches - At home and on the go
- Healthy Weight - Set yourself up for success
- Heart Healthy Living - The beat goes on
- Lifestyle and Cancer - Reduce your risk
- Manage Stress - Before it manages you
- Men’s Health - Operating at peak performance
- Metabolic Syndrome - Are you at risk?
- Oral Health - Beyond a beautiful smile
- Quitting Tobacco - Set yourself up for success
- Sleep - Wake up to good health
- Sugar Savvy - Get the scoop
- The Art of Meditation and Yoga - Connecting Body and Mind
- The Balancing Act - Work, life and technology
- Train for a Healthy Brain - The lifestyle connection
- Understanding Cholesterol - Your key to heart health
- Vitamins and Supplements - What you need to know
- Walking - Step up to good health
- Well-being - The many ways to look at health
- Women’s Health - Taking care of you
- Your Environment - A powerful influence on choice
- Your Health Action Plan - Small steps to big changes
- Your Health - It’s a numbers game

Email (blomeyer@emory.edu) or give us a call at 404-727-4600 for more information.