

National Breast Cancer Awareness Month

Upcoming Events

Blomeyer's 3rd Annual Breast Cancer Awareness Spin-A-Thon

October 22nd 4:00pm-9:00pm

Join us for the 3rd annual Blomeyer Breast Cancer Awareness Spin-a-Thon! Rent a bike for half an hour, an hour, or longer! All proceeds go to Winship Cancer Institute.

Pedal on for the cure!!

Popcorn Poppin' Month

October 1st

Happy National Popcorn Poppin' Month! Check out our bulletin on the hidden health benefits of popcorn and sample some while you're at it!

Wear PINK ALL WEEK

October 7th-11th

Show your support for Breast Cancer Awareness. Earn some PINK gear every time you wear pink to the gym!

PIGSKIN FITNESS CHALLENGE

October 7th-25th

First and goal to fitness!! Complete challenges worth 5, 10, or 20 yards to move your player down the field and into the end zone. Get off the sidelines and into the game!

Breast Cancer Awareness Trivia Week

October 21st-25th

Stop by Guest Services each day this week to test your knowledge and earn some PINK gear!

Member Appreciation Day

October 30th

Thank you for choosing Blomeyer for your health and fitness needs. Enjoy complimentary fruit and bring a guest for **FREE!**



October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  Popcorn Poppin' Month!	2	3	4	5  Race day!
6	7  PIGSKIN FITNESS CHALLENGE BEGINS!	8	9	10	11	12
Wear Pink ALL WEEK!						
13	14	15	16	17	18	19
20	21	22  Breast Cancer Awareness Spin-A-Thon 4:00-9:00 pm	23	24	25  Group Run 12:00pm	26
Breast Cancer Awareness Trivia Week						
27	28	29	30  Member Appreciation Day	31  Kickball game @ noon!		