

UV Safety Month

Upcoming Events

Eat Beans Day

July 3rd

Be sure to stop by today to learn some cool and exciting facts about beans! Also, guess how many beans are in the jar! You don't want to miss this!

Earn Your Stripes

July 8th-19th

Complete various challenges and answer trivia questions to earn 13 red and white stripes to complete your flag! Earn your first stripe by signing up NOW!

Cheer Up The Lonely Day

July 11th

You don't have to be alone on cheer up the lonely day. Bring a guest for free today and try some buddy exercises!

Blomeyer Ultra Triathlon

Ends July 12th

There is still time to finish the Blomeyer Ultra Triathlon! Go hard until the end!

National Don't Eat Meat Week

July 15th-19th

Learn about meat alternatives and their benefits all week long!

Bagel and Group Run

July 26th

Bagel anyone? You gotta run to earn it! Join us for a group run at 7:30am and celebrate National Bagel Fest with us. Meet in the Blomeyer lobby.

Member Appreciation Day

July 31st

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



July 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3  Eat Beans Day	4  Independence Day Closed	5 Open at 7am No Group Fitness Classes	6 No Group Fitness Classes
7	8  Earn Your Stripes Begins	9	10	11  Cheer Up The Lonely Day	12  Blomeyer Ultra Triathlon Ends	13
14	15	16	17	18	19  Earn Your Stripes Ends!	20
	National Don't Eat Meat Week					
21	22	23	24	25	26  Bagel & Run 7:30am	27
28	29	30	31  Member Appreciation Day			