

National Pomegranate Month

Upcoming Events

Ties That Matter

All month long donate new or used neck ties! Ties will be donated to an organization, Ties That Matter, that creates jobs for low income women, mainly in Haiti, who make beautiful creations out of the donated ties. Visit/shop their website at: tiesthatmatter.org.

National Pomegranate Month

November 1st

It's National Pomegranate Month! Learn all about the powerful health benefits this small fruit packs and also try a sample of pomegranate juice after your workout!

The Naked Turkey Challenge

November 11th-22nd

WIN your Thanksgiving turkey! Back by popular demand is Blomeyer's Naked Turkey Challenge! Complete various challenges to pluck your bird bare!

Maintain, Don't Gain Holiday Challenge

November 18th -January 8th

Need some motivation? Build a team of 4 to participate in this 7 week challenge and strive to "Maintain Don't Gain" during the holidays. Weigh in Nov. 18th-20th and weigh out Jan. 6th-8th.

Member Appreciation Day

November 27th

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



November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 National Pomegranate Month	2
3 Daylight Savings!	4	5	6	7	8	9
10	11 Naked Turkey Challenge STARTS!	12	13	14	15	16
17	18 Maintain Don't Gain Starts!	19	20	21 The Great American SMOKEOUT	22 Group Run at noon	23
24	25	26	27 Member Appreciation Day No evening Group Fitness classes	28 Blomeyer CLOSED HAPPY THANKSGIVING	29 Blomeyer CLOSED	30 NO Group Fitness Classes