



## COMPLETE LIST OF BMF CLASSES

\*Classes are not all on the schedule at the same time and we continue to add new classes all the time. One thing's for sure, you won't get bored!

**BARRE HOPPIN'** – Turn up the music and crank out the burn! Meet us at the Barre for Happy Hour! Take a shot of strength and stability and mix it well with balance and intensity to get a cocktail that will leave your body buzzing!! \*Alcohol not included.

**BARRE 2 BAR** – A beautiful blend...a shot of barre with a dash of barbell. This strength fusion class will combine these different movement modalities into one perfect concoction! Emphasis on light weight, higher repetition work will sculpt and tone your whole body!

**TOP SHELF** – Exercise mixology!! We are mixing Barre with Ball to create a delightful concoction of fitness fun! The Stability Ball is used throughout the class to improve posture, coordination, balance and strength. Gliders and Invisible Jump Ropes may be tossed in for added flavor.

**BELLS & WHISTLES** – BMF's version of Bootcamp! It's all fun and games!! Kettlebells, ropes, balls and more. This class is something special! Experience familiar exercises sprinkled with added fun! We'll pull out all the stops and get all the toys out of the box for this unique, calorie-torching, exhilarating class!

**BODYWEIGHT BLITZ - HIIT** – Attack your body from every angle – NO equipment required! This calorie-incinerating class incorporates traditional calisthenics, high intensity interval and bodyweight training. Get back to the basics with this simple yet specific type of workout. The afterburn will be amazing!!

**BOOTCAMP** – This ever-changing, calorie-incinerating class incorporates traditional calisthenics, high-intensity interval and strength training. You'll get to use all the cool fitness toys like kettlebells, ropes, and tires too! Push your body to the limit, ignite your inner champion, feel the burn...and love every minute of it!!



**BUTTS, GUNS, GUTS & GLORY** – \*60/90 minute class\* Muscle madness! Expect to be challenged in this progressive barbell weight lifting class. Increase strength, perfect form, and sculpt a stronger you! Build muscle (that’s a good thing!), define your body and lift your spirits!! We’ll work hard then end each class with a bit of restoration and relaxation. \*Weight lifting gloves recommended but not required.

**360°** – BGGG done circuit style. Experience the proven methodology of alternating lower body and upper body lifting sets in this innovative class.

**CIRCUIT BREAKER** – Body overload...Stand back because the sparks are gonna fly! This circuit training class will keep your body guessing. We combine the ease of stations with the fun of a creative, functional workout. Friendly WARNING: expect the toy box of battle ropes, kettlebells, medicine balls, tires, agility cones (and much more) to be revealed. Crank up the watts and watch your limits explode!!

**DIRTY 30** – 30 minutes flat. This VIIT (Varied Intensity Interval Training) workout is never the same, short and sweet, sweaty and satisfying!

**NAMASTE** – Express your inner Yogi in this beautifully balanced, all-levels yoga class. You’ll be a Zen Master before long!

**THE F WORD** – What is your favorite word that begins with “F”? Fast? Fun? Flexibility? Functional? Or Fartlek? This workout will surprise you , challenge you and maybe even make you say the “F” word – but for sure, it will make your fat melt away, your muscles feel great and your brain fog disappear!

**FLUID STRENGTH** – Flow your way to a stronger, healthier body with this cool yoga + pilates +gliding fusion class. Experience the flow on your mat and the gliding discs. Fluidity, control, balance, and core strength are the focus. Think you can’t get a good workout doing yoga? We promise you will! Don’t miss this one!

**FUSION FLOW** – Find your breath, your strength and your limit while you muscle your way through this full body flow. Yoga + Bootcamp + Pilates = Fusion Flow.



**HEAVY HIITers** – Cutting edge combination of set resistance training paired with HIIT drills prove to be one of the most effective fat-scorching workouts ever! Your body won't know what HIIT it! \*Be sure to bring your exercise gloves and mat. 90 minute class includes focused recovery/stretching for the last 20 min of class.

**inTENSity** – Turn your training up to TEN ...TEN reps, TEN rounds. This wicked good circuit accumulator will progress you through a ladder of varying exercises. No equipment is off limits. No man or woman left behind.

**REP EFFECT** – Our continuous, choreographed lift class is back and better than ever! This barbell weight training class will demand muscular endurance and a desire to become better. We lift lighter weight for higher repetitions for a proven muscle building and fat melting effect.

**rEVOLution RIDE** – Spin REVOLUTIONIZED!! Pedal away hundreds of calories during this rockin' cardio class while building lower body strength and a solid core. New, fun, cutting-edge modalities cranked out on the bike. This class is a party with pedals attached!!

HIIT THE ROAD – HIIT training revolutionized! Simple and spectacular, ridiculously rewarding and empowering!! You won't know what hit ya!!

**PYRAMID SCHEME** – This unique spin on our traditional Revolution Ride class brings the rider through ascending and descending timed sequences that flow through bouts of high intensity to recovery. This one's gonna getcha!

**ROCK STEADY\***– Cardiovascular endurance training to build a strong heart and solid base for endurance exercise. \*Heart Rate Monitor highly recommended.

**RIDE & RESTORE\*** – This class is a perfect combination of a theme-based spin and easy flow / restorative Yoga. Sunday Funday at its very best. \*Please bring your mat.

**ROPE BURN** – Battle Ropes bonanza!! Whip, chop, slam and sweat! Battle Rope training attacks your entire body. The dual force dynamic effect will amplify results, the low impact yet explosive movements improve endurance, and the connected



momentum and movement create stability and increase mobility. Come experience the grace of the wave! \*Be sure to bring your exercise gloves.  
Battle Royale – Battle your fellow BLASTer! Slightly competitive but crazy fun! BLAST on with a mission!

**STEP IT UP** – Mix one part “old school” step aerobics with two parts modern, funky, and fun movement to create the perfect cardio fusion class. Expect the unexpected! Prepare to fall in love with this format!

3-2-1– Ready, set, work!! This straight forward, interval step class will push you hard...harder...hardest! Each interval set will focus on a certain modality to challenge you and keep you motivated.

**STRIKE A POSE** – Our beautifully blended Yoga class will challenge your flexibility, improve your strength and ease your mind. Beginners and experienced Yogi’s will enjoy this sweaty, strong and soothing class! Yoga mat and towel required.\*

**SHAKE THAT!** – Hey sista, go sista, soul sista, flow sista...move sista!! We are gonna bounce, wiggle, shake and work in this crazy fun, dance party class!! \*Ladies Only\* Last Friday of each month. Bring a friend (they don’t have to be a member to join) for \$15.

**TABATA YOGA** - This trendy fusion class marries familiar yoga practice with a staple conditioning workout, Tabata. Each dedicated flow takes you through a series of poses held for 20 seconds each. The flow will build strength and stamina while improving muscle flexibility and joint mobility.

**TRIPLE 7** – You have hit the jackpot with this class – our “triple threat” class gives a new meaning to the phrase “seven-minutes in heaven”! Three seven minute blocks of work: Resistance, Plyometrics/Compound Movements, and Core will force you to go ALL IN and leave your chips on the table! High calorie burn, muscle fatigue, and big smiles guaranteed!!

**TRIUMPH** – Taking the triple threat to another level! Teams of 2 or 3 work together to push and pace each other until the timer runs out.



**TURN 'n' BURN** – \*60/90 minute class\* Choose the regular or super-sized version of our unique, dynamic fusion class – each are a total-body workout experience both on and off the bike. It is designed to push you to the limit! Find your threshold and conquer your fear. The only thing stationary is the bike!

**360°** – Turn 'n' Burn on steroids! Experience the proven methodology of alternating lower body and upper body lifting sets in this innovative class that blends weight training and cardiovascular conditioning.

**ULTIMATE FIGHTER** – This Muay Thai inspired kickboxing class will teach you the fundamentals through drills and partner work. Pads, mits and bags are used to train your coordination, speed and focus. This class will condition your cardiovascular system, challenge your muscular endurance and will unleash the fighter in you!! Gear up and get ready to sweat!! \*Gloves and wraps required – No shoes optional\*

**FIGHT TO THE FINISH** – Focused, specific conditioning drills combined with technical sequence combinations and more advanced Muay Thai striking sets this class apart!

**YIN/YANG YOGA** – Express both sides of your inner Yogi in this beautifully balanced, all-levels yoga class. First, power through a challenging flow, then chill out with gentle, restorative stretches and meditation. Create balance and harmony within to revitalize your mind, body, and spirit. Namasté.