

281.541.2279



CLASS SCHEDULE

JANUARY 4TH - APRIL 3RD, 2022

Spring's 5-Star Fitness and Transformation Studio



281.541.2279



BMF STUDIO *INDOOR/OUTDOOR*

21631 RHODES RD SUITE A-106 SPRING, 77388 (INSIDE RHODES MEADOW BUSINESS PARK)



PRESTIGE LABS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	BALLS OUT	INTENSITY: STACKED	TABATA YOGA	360°	REVOLUTION RIDE	<p>8:00AM CIRCUIT BREAKER</p> <p>9:15AM YIN/YANG YOGA</p>
6:30am	REVOLUTION RIDE	BGG	ROPEBURN: BATTLE ROYALE	REP EFFECT	INTENSITY	
8:30am	INTENSITY: STACKED	REVOLUTION RIDE	BALLS OUT	BGG	TABATA YOGA	
4:45pm	INTENSITY	ROPEBURN: BATTLE ROYALE	360°	REVOLUTION RIDE	<p>SPECIALTY FEE BASED CLASSES</p> <p>1ST AND 3RD FRIDAY OF THE MONTH 7PM</p> <p>MEMBERS \$10 NON-MEMBERS \$25</p> <p>CLASS FORMATS TBA</p>	
6:15pm	BALLS OUT	REVOLUTION RIDE	ROPEBURN: BATTLE ROYALE	INTENSITY: STACKED		
7:30pm	ROPEBURN: BATTLE ROYALE	BGG	REVOLUTION RIDE	BALLS OUT		



JANUARY 3rd - JANUARY 31st
Attend a minimum of 4 classes per week to be eligible to win.
Attend the **MOST** classes in 25 days.
\$10 Entry Fee - Winner takes ALL!

MEMBERSHIPS START AT
*12-month commitment
\$45*/WEEK FOR
or \$180 every 4 weeks
UNLIMITED CLASSES

Price Lock Guarantee for the lifetime of your membership!

Personal and Small-Group Training by Certified Professionals * Nutrition Services and Program Design * Complimentary Assessments



Scan the code, Create an account,
Activate the FREE PASS then Reserve your spot
or go to <https://bmf-fitness.zenplanner.com>

14 Days FREE



All classes are approx 60 minutes long. All classes require at least THREE registered participants in order to hold.

Class formats, instructors, days/ times, and pricing are all subject to change at the discretion of BMF. There is no guarantee to the number of classes offered weekly/monthly.

FOLLOWING COVID-19 CLEANLINESS AND SOCIAL DISTANCING GUIDELINES:

LIMITED CAPACITY FOR ALL CLASSES. SANITIZED EQUIPMENT.

RESPECT SOCIAL DISTANCE. PLEASE BRING YOUR OWN MAT, AS THIS WILL NOT BE PROVIDED.

PLEASE BRING PERSONAL HAND SANITIZER.

PLEASE BRING YOUR OWN WATER*.

***BOTTLED WATER, GATORADE AND PROTEIN SHAKES FOR SALE AT THE FRONT DESK.**

To provide a fun, progressive, safe, cross-training program is our highest priority!

Each unique class is written and coached by certified fitness professionals who encourage proper form and allow for modified movements based on ability and function. BMF isn't just a place to work out – it is your one-stop-shop for overall wellness and longevity!

BALLS OUT – Balls! Balls! Balls! All the fun you'll ever have with just your balls. This class format brings the heat to your entire body. Expect the best, prepare for better!

BGG – Muscle madness! Expect to be challenged in this progressive barbell/dumbbell weightlifting class. Increase strength, perfect form, and sculpt a stronger you! Build muscle (that's a good thing!), define your body and lift your spirits!! *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!!

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.

INTENSITY: STACKED – Volume training with a twist! This rep-based lifting class pushes your muscles like no other – this class is a perfect blend of cardio and resistance training. High Volume, Lower Weight training kicked up a notch!

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. *Weight lifting gloves recommended but not required

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!!

ROPE BURN: BATTLE ROYALE – The battle is on! This class is fast, focused and FUN. Work together as a team to accomplish the task. The calorie burn is epic, the challenge is tough and the victory is sweet! Workout gloves recommended but not required.

TABATA YOGA – This trendy fusion class marries familiar yoga practice with the well-known Tabata conditioning format. Each dedicated flow takes you through a series of poses held for time focusing on isometric contraction and endurance. The flow will build strength and stamina while improving muscle flexibility and joint mobility.

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.

PERSONAL TRAINING / SMALL GROUP TRAINING / PRIVATE LESSONS – Individualized attention and program design specific for you and your fitness goals. All sessions are by appointment only. Personal Training and private lessons provide one-on-one attention, whereas small group trainings are for 2-4 people with similar fitness needs. Single sessions and packages available.

PRIVATE/MOBILE PARTIES AND OTHER SERVICES – Private fee-based fitness parties (format of your choice) are available upon request and availability. Choose one format or fuse a few – either at the studio, online or let us come to you!! Girls Night Out, Birthday or any other reason is a great excuse to book your party. Other services include on campus pre-school fitness classes, mobile fitness classes, nutrition consulting, corporate wellness, sports specific training, and lifestyle management/coaching.

CLASS RESERVATIONS REQUIRED

via [Zen Planner App](https://bmf-fitness.zenplanner.com) OR Member Connect (<https://bmf-fitness.zenplanner.com>).

No show fee of \$25 will be charged to members who fail to show up to a class for which they had a reservation.

WWW.BMF-FITNESS.COM



Be STRONG when you are weak - Be BRAVE when you are scared - Be HUMBLE when you are victorious - Be BADASS everyday!