

281.541.2279



BMF FITNESS

21631 RHODES RD SUITE A-106 SPRING, 77388
Spring's 5-Star Fitness and Transformation Studio

CLASS SCHEDULE APRIL - MAY 2024



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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	360°	REBELLION <i>STUDIO B</i> BARRE 2 BAR	REVOLUTION RIDE	BGG	INTENSITY <i>STUDIO B</i> ULTIMATE FIGHTER	6:45am CIRCUIT BREAKER 8:00am REP EFFECT <i>STUDIO B</i> 9:15am POWER FLOW YOGA ADD Studio B Specialty Classes for \$7/wk or buy 12 classes for \$120	<h3>14 Days FREE</h3> <p>Scan the code Create an account, Activate your PASS</p>  <p>Reserve your spot!</p>
6:30am	360°	BALLS OUT	REVOLUTION RIDE	BGG	INTENSITY		
8:30am	360°	INTENSITY <i>STUDIO B</i> BARRE HOPPIN'	REVOLUTION RIDE	BGG <i>STUDIO B</i> POWER FLOW YOGA	SHAKE THAT! (LADIES ONLY CLASS)		
5:45pm	360°	INTENSITY	BGG	REVOLUTION RIDE	6:15pm MYSTERY BOX		
6:15pm			<i>STUDIO B</i> TRXTREME	<i>STUDIO B</i> POWER FLOW YOGA			
7:00pm	360°	BGG	REVOLUTION RIDE	REBELLION			

With an emphasis on nutrition, accountability, and community, BMF Fitness focuses on overall wellness and building the foundation of a happy, healthy life. We offer a friendly and fun atmosphere that welcomes everyone! Our BMF team is here to empower, motivate and support our members in their journey of transformation, both physically and mentally. BMF pledges to bring energy, enthusiasm, and fun to each class while encouraging each participant to be better every day.

360° - BGGG done circuit style. Experience the proven methodology of alternating lower body and upper body lifting sets in this innovative class 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!! *Weightlifting gloves recommended but not required

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!

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 ☺ *No Shoes Allowed*

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! *No Shoes Allowed*

BUTTS, GUNS AND GUTS (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!! Split sessions allow focused lower/upper body work including core focused, functional movement.

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.

MYSTERY BOX - Do you like surprises?? Well, we know that your body does! This class will never allow you to adapt because you never know what you'll be doing until you are here to do it. Take the gamble, make the reservation! Every week the format will be a surprise. The only guarantee is that you will work hard, sweat harder and leave with a huge smile on your face.

POWER FLOW YOGA - This class will energize your body, invigorate your muscles, and stimulate your soul. This Vinyasa flow class is a fast-paced, endurance and strength focused experience. *Studio B Membership Required*

REBELLION - Rise against the resistance with this kettlebell camp. Swing, snatch, pop and press...Total body attack!!

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!!

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!

TRXTREME - TRX Suspension Trainers and more are used in this circuit style, interval class. Expect an X-tra special, X-ceptional, X-treme X-perience! *Studio B Membership Required.*

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 - *Studio B Membership Required*

**Weightlifting/Exercise Gloves are recommended for all classes.

PERSONAL TRAINING AND VIP COACHING PROGRAMS - 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. VIP Coaching Programs provide a bundled package of services for an all-inclusive, personalized, results-focused journey.

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

CLASS RESERVATIONS REQUIRED

WWW.BMF-FITNESS.COM

or go to <https://bmf-fitness.zenplanner.com>

Certified Coaches * Nutrition Services and Program Design * Complimentary Assessments

LARGE GROUP TRAINING STARTS AT \$45/WK AND PERSONAL COACHING VIP BUNDLES START AT \$75/WK



Price Lock Guarantee for the lifetime of your membership!

All classes are approx 60 minutes long unless otherwise specified.

THREE person min for classes to hold.

Certified STYKU Body Composition Scanning Center

Class formats, instructors, days/ times, and pricing are all subject to change without notice.

We are a proud supplier of Prestige Labs nutritional supplements

