

281.541.2279



# BMF FITNESS

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

**FALL 2024 CLASS SCHEDULE**  
**SEPTEMBER - DECEMBER**



281.541.2279

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:15am</b>	360°	REVOLUTION RIDE  <i>STUDIO B</i> FLUID STRENGTH	BUTTS & GUTS	TRIPLE 7: WILD CARD  <i>STUDIO B</i> BARRE 2 BAR	GUNS & GUTS	<u>6:45am</u> BGG  <u>8:00am</u> REVOLUTION RIDE  <i>STUDIO B</i> <u>9:15am</u> POWER FLOW YOGA	<p><b>14 Days FREE</b></p> <p>Scan the code, Create an account, Activate your PASS</p>  <p><b>Reserve your spot!</b> Pass Valid for New Prospects Only</p>
<b>6:30am</b>	360°	TRIPLE 7: WILD CARD	BUTTS & GUTS	REVOLUTION RIDE	GUNS & GUTS		
<b>8:30am</b>	360°	REVOLUTION RIDE  <i>STUDIO B</i> FLUID STRENGTH	BUTTS & GUTS	TRIPLE 7: WILD CARD  <i>STUDIO B</i> TRXTREME	GUNS & GUTS	ADD Studio B Specialty Classes for \$7/wk or buy 12 classes for \$120	
<b>6:00pm</b>	360°	TRIPLE 7: WILD CARD  <i>STUDIO B</i> TRXTREME	BUTTS & GUTS  <i>STUDIO B</i> POWER FLOW YOGA	REVOLUTION RIDE  <i>STUDIO B</i> BARRE 2 BAR	GUNS & GUTS		

**Our consistent commitment to health is the ultimate expression of self-love.**  
**Being healthy is about living loud, being present for the ones we love**  
**and leaving a legacy of strength for all the days we have left.**

## 60-DAY CHALLENGE



September 16th - November 15th, 2024

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

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°** — BGG 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.

**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! \*Studio B Membership Required.\*

**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. Butts & Guts focuses on lower body and core. Guns & Guts focuses on upper body and core.

**FLUID STRENGTH** — Flow your way to a stronger, healthier body with this cool fusion class! Choreographed movements set to fun, fresh music will have you groovin' your way to a rockin' bod! Fluidity, control, balance and core and all-over strength are the focus! Light weights complement the movements and add another layer of excitement! \*Studio B Membership Required.\*

**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.

**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!

**TRIPLE 7: WILD CARD** — You have hit the jackpot with this class – our "triple threat" class gives a new meaning to the phrase "seven-minutes in heaven"! Seven stages - seven minutes of work comprised of varying exercise modalities force you to go ALL IN and leave your chips on the table! High calorie burn, muscle fatigue, and big smiles guaranteed!!

**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.\*

**VIP COACHING PROGRAMS** — Our "All Inclusive" Package! Individualized attention and full program designed specifically for you. Goal assessment, Body Composition scans, Customized Nutrition, All Access to Main and Specialty Class formats and much more. Consults for the VIP Program are by appointment only.

No show fee of \$25 will be charged to members who fail to show up to a class for which they had a reservation. Mat rental fee \$3.

**CLASS RESERVATIONS REQUIRED**

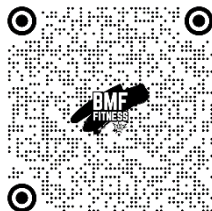
**WWW.BMF-FITNESS.COM**

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 PROGRAMS START AT \$75/WK**

**BOOK A COMPLIMENTARY  
IN-PERSON CONSULT HERE >**



Price Lock Guarantee for the lifetime of your membership!



**Certified STYKU Body Composition Scanning Center**

All classes are approx 60 minutes long unless otherwise specified.  
THREE person min for classes to hold.

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

Class participants should bring water, a mat, and towel.  
Bring a snack, if desired.



We are a proud supplier of Prestige Labs nutritional supplements