



CLASS SCHEDULE

Sept 14 - Dec 31, 2020

Spring's 5-Star Fitness and Transformation Studio







BMF Studio *INDOOR/OUTDOOR*
21627 Rhodes Rd Suite F Spring, 77388 (Inside Rhodes Rd Busines Park) **281.541.2279**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15am	REVOLUTION RIDE	BUTTS & GUTS	INTENSITY	GUNS & GUTS	DIRTY YOGA
6:30am	DIRTY YOGA		BUTTS, GUNS & GUTS		REVOLUTION RIDE
8:30am	<u>INTENSITY</u>	BUTTS & GUTS	REVOLUTION RIDE	GUNS & GUTS	FLUID STRENGTH
Personal and Small Group Training by Appointment Only					
6:00pm	REVOLUTION RIDE	BUTTS, GUNS & GUTS	DIRTY YOGA	INTENSITY	
7:00pm	INTENSITY	TURN 'N' BURN	REVOLUTION RIDE	BUTTS, GUNS & GUTS	

7:30AM
THE GAUNTLET*
***MEET AT BURROUGHS PARK**
(Bring a snack to share for a post-workout picnic)



70 DAYS
CONSISTENT COMMITMENT CHALLENGE
FALL 2020
SEPT 14 - NOV 22.

Memberships start at \$35*/Week - ALL INCLUSIVE

We believe if you give us a try first, we will provide the fitness experience you have always wanted! See you in class!

*12-month commitment

Try TWO weeks for FREE as our guest!

Scan the code, Create an account, Activate the FREE PASS and Reserve your spot

or go to <https://blastmobilefitness.zenplanner.com>



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.

NO SHARED EQUIPMENT.

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

PLEASE BRING PERSONAL HAND SANITIZER.

PLEASE BRING YOUR OWN WATER.

(BOTTLED WATER WILL BE FOR SALE AT THE FRONT DESK - \$1/BOTTLE - CASH ONLY).

The 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.

BUTTS, GUNS, & GUTS – Muscle madness! Expect to be challenged in this progressive barbell/dumbbell 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!! *Weight lifting gloves recommended but not required.

DIRTY YOGA – Namaste madness! A beautiful fusion of our Dirty 30 and yoga. This class will be salty and sweet! For the first 30 minutes, we will grind and burn, and for the last 30 we will flow and relax.

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 gliding your way to a rockin’ bod! Fluidity, control, balance and core and all-over strength are the focus! Light weights compliment the movements and add another layer of excitement!

THE GAUNTLET – Our newest format and member favorite. This interval cardio workout focuses on increasing your endurance and developing your love of running. Great for beginners, as each set is based on timing principles to include work and rest. Lace up your kicks and let’s get going! No running experience necessary. *Default meet-up location is Burroughs Park.

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.

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!!

TURN ‘N’ BURN – Our original dynamic fusion class is back – this is 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!

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](#) OR Member Connect (<https://blastmobilefitness.zenplanner.com>).

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



Certified Trainers * Flexible Hours * Complimentary Assessment * Call for details

Personal and Small-Group Training * Nutrition Services and Program Design

www.blastmobilefitness.com