

INTERVIEW: beRevolutionarie Instructors, Katie Sandler And Bryna Carracino, Discuss The Value Of The Online Fitness Streaming Service



Sydney A. Braat
sbraat@hamptons.com



Many things have changed over the past few months, one of them being your usual workout routine. In your "old life" you may have gone to a few spin, yoga, HIIT, or pilates classes throughout the week, but in today's world that's all a bit far off in the future. **beRevolutionarie** was founded to connect with individuals in their homes and encourage a healthy mind, body, and soul. This membership-based streaming service is likely the future of fitness as health-conscious individuals strive to maintain structure in their lives.

beRevolutionarie's slogan is "transform your mind, body and soul - digitally." The team recommends taking 3-4 classes per week on the platform, alternating between cardio + strength training and yoga + mindfulness to balance out your mind and body. It's important to be physically fit as well as mentally.

There is an array of classes offered on the beRevolutionarie platform, including sculpt, yoga, HIIT, dance cardio, cardio boxing, indoor cycling, mindfulness coaching, meditation, and nutrition.

We spoke with Katie Sandler and Bryna Carracino of beRevolutionarie to learn more about her classes and the platform.

Why have you chosen to work with the beRevolutionarie platform?

KS: Sometimes the stars align, and you're called to be a part of something bigger - that's why I said yes to this opportunity - I dig its purpose. I never aspired to be a part of something like 'this' - I'm more of a solo artist who supports and cheers from the sidelines, but intuition told me this was an opportunity I couldn't pass-up, and I'm glad I didn't. I am genuinely excited and honored to be a part of a supportive, transformative, and impactful platform which emphasizes the health and wholeness of mind, body, and soul - a movement we need now more than ever."

BC: I wanted to be part of a community/platform that was connecting on every level in wellness. Where it wasn't just about fitness. Where it was about mindset, nutrition, balanced fitness videos, spirituality and a platform where any woman could go to truly be supported by a group of diverse experts leading from love, light and strength.

[INTERVIEW: beRevolutionarie Instructors, Katie Sandler and Bryna Carracino, Discuss the Value of the Online Fitness Streaming Service](#)