



Classes October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 September	30 September 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: CLASS CANCELLED	1 October 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	2 October 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	3 October 5pm Ballroom BURN	4 October 9:15am Strength Training* 10:30am A Time for Healing Earth Sutra	5 October 9am Ballroom BURN
6	7 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	8 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	9 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga	10 5pm Ballroom BURN	11 9:15am Strength Training* 10:30am A Time for Healing Earth Sutra	12 9am Ballroom BURN
13	14 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	15 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	16 NO CLASSES CLASSES CANCELLED	17 5pm Ballroom BURN	18 9:15am Strength Training* 10:30am A Time for Healing Earth Sutra	19 9am Ballroom BURN
20	21 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	22 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	23 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga	24 5pm Ballroom BURN	25 9:15am Strength Training* 10:30am A Time for Healing Earth Sutra	26 9am Ballroom BURN 10:30am Classical & Yoga Nidra (Class is 1 1/2 hrs)
27	28 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	29 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	30 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	31 5pm CLASS CANCELLED	1 November 9:15am Strength Training* 10:30am A Time for Healing Earth Sutra	2 November 9am Ballroom BURN

Parking at MAIN GYM Location

29001 Oak Terrace, Cedar Glen

(909) 744-9105

www.bullworxfitness.com

* Strength Training - Gym shoes required for class. Aerobic soft sole gym shoes, no running sneakers please

Disclaimer: Classes are subject to cancellation based on weather conditions or instructor availability

JNANA - HATHA YOGA



This is a deep breathing, slow moving, flow style of yoga appropriate for all skill levels. Jnana-Hatha in the ancient yogic tradition means "inner knowing". Come experience the calming, soothing, awakening in body, mind, heart and spirit. Monday , Wed and Friday at 10:30 a.m. in Bullworx Studio. (Instructor: Samantha Patterson)

FUSION MAT PILATES



Utilizing elements of Pilates, yoga and ballet this fusion class is specifically designed to help you achieve the long, lean muscles of a dancer. Feel the difference in your posture and alignment as you use the balls, bands and Pilates rings. (Instructor: Samantha Patterson)

YIN RESTORATIVE WITH YOGA NIDRA



As the day draws to a close, release the emotional, physical, and mental stress accumulated during the day. Beginning with Restorative Yoga and ending with Yoga Nidra. (Instructor: Vicki Stebbings)

"A TIME FOR HEALING" YOGA AND MEDITATION



Yoga, meditation and breath work are time honored stress release therapies. Combined they form one of the ancient modalities for healing. Month by month "A Time for Healing" will explore inner pathways to healing. September is a pivotal month during which the outward-directed energies of summer begin to drift inward. In October we will explore "Earth Sutras" through sound, meditation and prayers. The Earth Sutras evoke qualities of sacred sensuality, poetic tapestries and slow, earthy grooves to reconnect with Mother Earth. We transform the world by transforming ourselves. ♡ Namaste. (Instructor: Samantha Patterson)

BALLROOM BURN



"Ballroom Burn" dance/exercise class is a high-energy but LOW IMPACT class similar to a Zumba. You'll get a warm up, intense dance moves from **cha cha, merengue, mambo, the Charleston, waltz, samba, disco** and more. Work out under the Disco Ball to the best tunes of the 1970s and 80s like "I Will Survive," "We Are Family," "Xanadu," Donna Summer, Abba and more (Instructor: Steve Valentine)

SIMPLY STRENGTH TRAINING WORKOUT



Strong people live longer! This upbeat, fun class uses free weights, resistance bands and motivation to help you reach your goals. (Instructor: Samantha Patterson)

TONE 'N SCULPT



Tone 'N Sculpt is a strength-based workout that also incorporates cardiovascular training. The class is designed for all levels from, beginner to advanced, being a full body workout. Each class is designed to help you achieve your fitness goals. (Instructor: Alex Patterson)