



Classes June 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	4 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	5 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Cardio Kickboxing	6 9am Ballroom BURN 10:15am: Cardio-Kickboxing	7 9:15am Strength Training* 10:30am A Time for Healing Miracles of Light	8 9am Ballroom BURN
9	10 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	11 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	12 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Cardio Kickboxing	13 9am Ballroom BURN 10:15am: Cardio-Kickboxing	14 9:15am Strength Training* 10:30am A Time for Healing Miracles of Light	15 9am Ballroom BURN
16	17 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	18 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	19 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Cardio Kickboxing	20 9am Ballroom BURN 10:15am: Cardio-Kickboxing	21 9:15am Strength Training* 10:30am A Time for Healing Miracles of Light	22 9am Ballroom BURN 10:30am Summer Soltice Yoga
23	24 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	25 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	26 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Cardio Kickboxing	27 9am Ballroom BURN 10:15am: Cardio-Kickboxing	28 9:15am Strength Training* 10:30am A Time for Healing Miracles of Light	29 9am Classical & Yoga Nidra (Class is 1 1/2 hrs)
30	1 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	2 July 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	3 July 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 6:30pm: Cardio Kickboxing	4 July CLASSES CANCELLED HAPPY 4TH OF JULY	5 July 9:15am Strength Training* 10:30am A Time for Healing Miracles of Light	6 July 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 through Friday at 10:30 a.m. in Bullworx Studio. (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)



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)



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)



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)



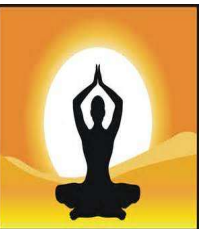
TONE 'N SCULPT

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)



"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. In June we will explore the "Miracles of Light": Prayer and Spiritual Healing. The return of the Light for Summer Solstice helps navigate the unfolding of the blueprint of our souls. This increase in energy urges us to become agents of change and agents of miracles. Join us in the celebration of the Light.♡ Namaste. (Instructor: Samantha Patterson)



CARDIO KICKBOXING

A cardio kickboxing class is demonstrated choreographed movements of punches, kicks, and knee strikes set to fast-paced music. Cardio kickboxing combinations are a mix of punches like: 1. jabs 2. crosses 3. hooks 4. uppercuts Lower body movements include: 1. knee strikes 2. front kicks 3. roundhouse kicks 4. side kicks 5. back kicks Classes also incorporate a warmup and cool down as well as both dynamic and static stretching (Instructor: Brooke Pridemore)

