



Classes March 2020



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|---|---|--|--|---|
| 1 March | 2 March 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra | 3 March 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level) | 4 March 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga | 5 March 5pm Ballroom BURN | 6 March 9:15am Strength Training* 10:30am A Time for Healing Egg of Light | 7 March 10:00am Classical Yoga with Yoga Nidra 1.5 Hours |
| 8 March | 9 March 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra | 10 March 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level) | 11 March Classes Cancelled | 12 March 5pm Ballroom BURN | 13 March Classes Cancelled | 14 March 9:30-10:45am Yoga The Embodiment Series |
| 15 March | 16 March 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra | 17 March 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level) | 18 March 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga | 19 March 5pm Ballroom BURN | 20 March 9:15am Strength Training* 10:30am A Time for Healing Egg of Light | 21 March |
| 22 March | 23 March 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra | 24 March 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level) | 25 March 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga | 26 March 5pm Ballroom BURN | 27 March 9:15am Strength Training* 10:30am A Time for Healing Egg of Light | 28 March |
| 29 March | 30 March 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra | 31 March 5pm Ballroom BURN 6:30pm: Tone 'N Sculpt (Mid-Advanced Level) | 1 April 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga | 2 April 5pm Ballroom BURN | 3 April 9:15am Strength Training* 10:30am A Time for Healing | 4 April |

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



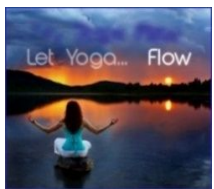
This is a deep breathing, slow moving, flow style of yoga appropriate for all skill levels. Jnana-Hatha in the ancient yogic tradition means "inner knowing". Come experience the calming, soothing, awakening in body, mind, heart and spirit. Monday , Wed and Friday at 10:30 a.m. in Bullworx Studio. (Instructor: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

RESTORATIVE WITH YOGA NIDRA



Sometimes through trauma, or simply aging, we lose some of the mind/body connections, mild or severe. In order to to regain the connections, maintain them and enhance our physical, mental emotional, & spiritual states, we apply Yoga Therapy techniques to all 5 layers of the human system. (Instructor: Vickie 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. Recharge, Refresh, Reboot your body, mind and spirit with simple to do yogic moves and gentle meditation. All levels welcome to this gentle practice. One in the Heart of Love.❤️ 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)