



Classes May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	30 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	1 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga	2 9am Ballroom BURN 10:15am: Cardio-Kickboxing	3 9:15am Strength Training* 10:30am A Time for Healing Exploring Gratitude	4 9am Ballroom BURN
5	6 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	7 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	8 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 5:45pm: Cardio Kickboxing	9 9am Ballroom BURN 10:15am: Cardio-Kickboxing	10 9:15am Strength Training* 10:30am A Time for Healing Exploring Gratitude	11 9am Ballroom BURN 10:30am Jnana-Hatha Yoga MOTHER'S DAY SPECIAL
12 HAPPY MOTHERS DAY	13 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	14 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	15 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 5:45pm: Cardio Kickboxing	16 9am Ballroom BURN 10:15am: Cardio-Kickboxing	17 9:15am Strength Training* 10:30am A Time for Healing Exploring Gratitude	18 9am Ballroom BURN 10:15-11:45am: Yin Restorative with Yoga Nidra (Class is 1 1/2 hrs)
19	20 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	21 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	22 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 5:45pm: Cardio Kickboxing	23 9am Ballroom BURN 10:15am: Cardio-Kickboxing	24 9:15am Strength Training* 10:30am A Time for Healing Exploring Gratitude	25 9am CLASS CANCELLED
26	27 CLASSES CANCELLED HAPPY MEMORIAL DAY	28 9am Ballroom BURN 10:15am: Cardio-Kickboxing 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	29 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:45pm: Cardio Kickboxing	30 9am Ballroom BURN 10:15am: Cardio-Kickboxing	31 9:15am Fusion Mat Pilates 10:30am A Time for Healing Exploring Gratitude	1 June 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. " Exploring gratitude and the Divine Feminine aspect of the Creator. May is a month of celebration and gratitude for all things living, especially ourselves. The beauty of May draws us out of hibernation into a natural mindfulness of the blessings and abundance of nature. Gratitude and mindfulness are intimately related. It is time to wake up!.❤️ 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)

