



Classes December 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 December	4 December 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	5 December 10am Zumba	6 December 9:15am Strength Training* 10:30am Jnana-Hatha Yoga	7 December 10am Zumba 5:30pm: Yin Restorative with Yoga Nidra	8 December 9:15am Fusion Mat Pilates 10:30am A Time for Healing Kindling the Light Within	9 December 9:00am Vinyasa Yoga**
10	11 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	12 10am Zumba 5:30pm: Vinyasa Yoga	13 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	14 10am Zumba 5:30pm: Yin Restorative with Yoga Nidra	15 9:15am Fusion Mat Pilates 10:30am A Time for Healing Kindling the Light Within	16 9:00am Vinyasa Yoga**
17	18 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: "Relax into Greatness" Meditation**	19 10am Zumba 5:30pm: Vinyasa Yoga	20 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	21 10am Zumba 5:30pm: Yin Restorative with Yoga Nidra	22 9:15am Fusion Mat Pilates 10:30am A Time for Healing Kindling the Light Within	23 9:00am Vinyasa Yoga**
24	25 NO CLASSES MERRY CHRISTMAS	26 10am Zumba 5:30pm: Vinyasa Yoga	27 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	28 10am Zumba 5:30pm: Yin Restorative with Yoga Nidra	29 9:15am Fusion Mat Pilates 10:30am A Time for Healing Kindling the Light Within	30 9:00am Vinyasa Yoga**
31	1 January NO CLASSES HAPPY NEW YEAR	2 January 10am Zumba 5:30pm: Vinyasa Yoga	3 January 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	4 January 10am Zumba 5:30pm: Yin Restorative with Yoga Nidra	5 January 9:15am Fusion Mat Pilates 10:30am A Time for Healing Kindling the Light Within	6 January 9:00am TBD

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

**Saturday, December 2, 9, 30 will be taught by Vicki, Saturday, December 16 and 23 will be taught by Kelly and Monday, December 18 will be taught by Samantha

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

JNANA - HATHA YOGA



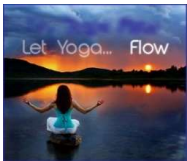
Refresh, restore, renew body, mind and spirit with this ancient yogic tradition of movement and breath work. Come back to center, return to balance. This class is beginner to mid level yoga. (Instructor: Samantha Patterson)

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 is a unified field of body, mind and spirit exploration. During stressful times "A Time For Healing" offers relaxing, cleansing ways to open your senses to the changing seasons both internally and externally. No prior yoga or meditation experience is necessary to benefit from this relaxing, healing time. We will explore and experience the energies of the Great Festivals of Light: Winter Solstice, Hanukkah and Christmas. Traditions that inspire the Light within to come forth. (Instructor: Samantha Patterson)

RELAX INTO GREATNESS TANTRIC YOGA



Relax Into Greatness Tantric Yoga is an ancient practice that is a powerful combination of asana, mantra, mudra, bandha (energy lock) and chakra (energy center) work. This practice builds strength, clarity and bliss in everyday life. (Instructor: Samantha Patterson)

YOGA NIDRA



The best kept secret to the deepest relaxation possible while still maintaining a state of consciousness. "Yogic sleep" --conscious deep sleep- where the body is completely relaxed and you become systematically and increasingly aware of your inner world. Different from meditation where the focus is on a single object but similar goals. Reduces tension, anxiety and helps sleep. (Instructor: Vicki Stebbings)

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)

ZUMBA



Zumba is an internationally popular and sensational mode of dance with a Latin flair that has spun millions of women and men of all ages into a whirlwind of joyful lively movement designed to strengthen body, mind and spirit while burning off loads of calories. Set to rhythmic musical arrangements, Zumba makes working-out not only more fun but also addresses the body's need for cardio-vascular exercise and tension relief. (Instructor: Ashina)

VINYASA FLOW YOGA



Join a liberating yoga class that explores the delicate connection between breath and movement. In this class we begin each sequence gently with a basic/beginner asana then intermediate options are offered for those students who require it in order for all to reach the same benefit. The class then flows easily with each student at his/her level. Towards the end of the class there's a breathing exercise followed by deep rest and a short Yoga Nidra. The results are a heightened awareness of the senses and a reduction of physical, mental, and emotional stress." (Instructor: Kelly Yoder and Vicki Stebbings)