



Classes September 2019



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



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)



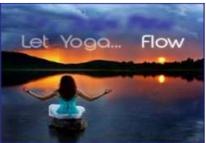
SIMPLY STRENGTH TRAINING WORKOUT

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. September is a pivotal month during which the outward-directed energies of summer begin to drift inward. September is a month of mystery and change. As the Great Medicine Wheel turns from summer to fall we will explore dreams, intuition and the Inner Life. We are directed by Archangel Raphael "the Healer of God"..❤️ Namaste. (Instructor: Samantha Patterson)

