



Classes April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	2 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	3 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Ballroom BURN	4 9am Ballroom BURN 10:30am: CLASS CANCELLED 5:30pm: Restorative/Yoga Nidra	5 9:15am Strength Training* 10:30am A Time for Healing Exploring Healing	6 9am Ballroom BURN
7	8 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	9 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	10 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Ballroom BURN	11 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 5:30pm: CLASS CANCELLED	12 9:15am Strength Training* 10:30am A Time for Healing Exploring Healing	13 9am Ballroom BURN 10:30am Jnana-Hatha Yoga
14	15 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: CLASS CANCELLED	16 9am CLASS CANCELLED 10:30am: Jnana-Hatha Yoga 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	17 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: CLASS CANCELLED	18 9am CLASS CANCELLED 10:30am: Jnana-Hatha Yoga 5:30pm: CLASS CANCELLED	19 9:15am Strength Training* 10:30am A Time for Healing Exploring Healing	20 9am CLASS CANCELLED 10:15-11:45am: Yin Restorative with Yoga Nidra (Class is 1 1/2 hrs)
21	22 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative/Yoga Nidra	23 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 6:30pm: Tone 'N Sculpt (Mid-Advanced Level)	24 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga 6:30pm: Ballroom BURN	25 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 5:30pm: Restorative/Yoga Nidra	26 9:15am Strength Training* 10:30am A Time for Healing Exploring Healing	27 9am Ballroom BURN 10:15-11:45am: Yin Restorative with Yoga Nidra (Class is 1 1/2 hrs)

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)



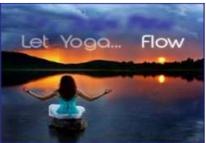
SIMPLY STRENGTH TRAINING WORKOUT

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. " April is a month for exploring freedom: Moving from the ego to the Higher Self. Through the redemption of innocence celebrating Passover, Easter and Ramadan, we release and let go of small mind (ego) and step into the spaciousness awareness of Divine Mind. Entering through the doorway of the Holy of the Holies we find ourselves on the sacred ground of true humility.💕 Namaste.

