



Classes May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	1 10am Zumba 5:30pm: Class Cancelled	2 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:30pm: Barre Above	3 10am Zumba 5:30pm: Class Cancelled	4 9:15am Fusion Mat Pilates 10:30am A Time for Healing	5
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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**

**** May 7th Restorative Yoga will be taught by Kelly Yoder**

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)



Barre Above

Take your fitness to new heights! This full body workout fusing the best of Ballet, Pilates, Yoga and strength training delivers a results-driven workout that is not only fun and dynamic, but that will sculpt your body and get you into amazing shape! Don't worry about having any prior experience. Designed for ALL fitness levels, ages and bodies, our safe progression approach will make you feel challenged, while helping you recognize what's right for your body. Start your transformation today! (Instructor: Ines Stewart)



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)



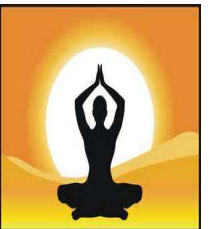
ZUMBA

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)



"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. This month we will explore gratitude and the celebration of the divine feminine aspect of God. Two manifestations of nurturance and new life. The beauty of May draws out of our hibernation into natural mindfulness of the abundance and blessings of spring. We open our minds, our hearts and our spirits to life and love.❤️ Namaste. (Instructor" Samantha Patterson)



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)

