



Classes December 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 December 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	3 December 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	4 December 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 6pm: Tone 'N Sculpt (Mid-Advanced Level)	5 December 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	6 December 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 5:30pm: Yin Restorative with Yoga Nidra	7 December 9:15am Fusion Mat Pilates 10:30am A Time for Healing	8 December
9	10 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	11 9am CLASS CANCELLED 10:30am: Jnana-Hatha Yoga 6pm: Tone 'N Sculpt (Mid-Advanced Level)	12 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	13 9am CLASS CANCELLED 10:30am: Jnana-Hatha Yoga 5:30pm: Yin Restorative with Yoga Nidra	14 9:15am Fusion Mat Pilates 10:30am A Time for Healing	15
16	17 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga 5:15pm: Yin Restorative with Yoga Nidra	18 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 6pm: Tone 'N Sculpt (Mid-Advanced Level)	19 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	20 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 5:30pm: Yin Restorative with Yoga Nidra	21 9:15am Fusion Mat Pilates 10:30am A Time for Healing Spirit of Winter Solstice Yoga and Meditation	22 9:15am A Time for Healing Spirit of Winter Solstice Yoga and Meditation
23	24 CLASSES CANCELLED	25 MERRY CHRISTMAS  CLASSES CANCELLED	26 9:15am Fusion Mat Pilates 10:30am: Jnana-Hatha Yoga	27 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 5:30pm: Yin Restorative with Yoga Nidra	28 9:15am Fusion Mat Pilates 10:30am A Time for Healing	29
30	31 CLASSES CANCELLED	1 January HAPPY NEW YEAR  CLASSES CANCELLED	2 January 9:15am Strength Training* 10:30am: Jnana-Hatha Yoga	3 January 9am Ballroom BURN 10:30am: Jnana-Hatha Yoga 5:30pm: Yin Restorative with Yoga Nidra	4 January 9:15am Fusion Mat Pilates 10:30am A Time for Healing	5 January

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



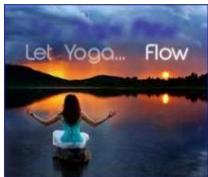
Utilizing elements of Pilates, yoga and ballet this fusion class is specifically designed to help you achieve the long, lean muscles of a dancer. Feel the difference in your posture and alignment as you use the balls, bands and Pilates rings. (Instructor: Samantha Patterson)

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. " December is the month in which all the forces of nature are aligned to help us give birth to the Light within. Guided by the North Star, and the Great Festivals of Light ... Winter Solstice, Hanukkah and Christmas we delve deeper into the meaning of compassion and spiritual enlightenment.♡ Namaste. (Instructor: Samantha Patterson)