



# Classes

# July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b> <b>NO CLASSES</b>	<b>4</b> <b>NO CLASSES</b> <b>HAPPY 4th OF JULY</b>	<b>5</b> 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	<b>6</b> <b>NO CLASSES</b>	<b>7</b> 9:15am Fusion Mat Pilates 10:30am A Time for Healing Meditation Yoga Light Series	<b>8</b> 9:00am Jnana-Hatha Yoga 4:00pm: Qi Gong Strength Training
<b>9</b>	<b>10</b> 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	<b>11</b> 10am Zumba 5:45pm Tribal Madness	<b>12</b> 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	<b>13</b> 10am Zumba 5:45pm Tribal Madness	<b>14</b> 9:15am Fusion Mat Pilates 10:30am A Time for Healing Meditation Yoga Light Series	<b>15</b> 9:00am Jnana-Hatha Yoga 4:00pm: Qi Gong Strength Training
<b>16</b>	<b>17</b> 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	<b>18</b> 10am Zumba 5:45pm Tribal Madness	<b>19</b> 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	<b>20</b> 10am Zumba 5:45pm Tribal Madness	<b>21</b> 9:15am Fusion Mat Pilates 10:30am A Time for Healing Meditation Yoga Light Series	<b>22</b> 9:00am Entrancing Movement and Meditation Yoga** 4:00pm: Qi Gong Strength Training
<b>23</b>	<b>24</b> 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	<b>25</b> 10am Zumba 5:45pm Tribal Madness	<b>26</b> 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	<b>27</b> <b>NO CLASSES</b>	<b>28</b> 9:15am Fusion Mat Pilates 10:30am A Time for Healing Meditation Yoga Light Series	<b>29</b> 9:00am Vinyasa Yoga** 4:00pm: Qi Gong Strength Training

**Parking at MAIN GYM Location**

**29001 Oak Terrace, Cedar Glen**

**(909) 744-9105**

**[www.bullworxfitness.com](http://www.bullworxfitness.com)**

\* Simply Strength Training - Gym shoes required for class. Aerobic soft sole gym shoes, no running sneakers please

\*\* Saturday, July 22 will be taught by Ashina and Saturday, July 29 will be taught by Vicki Stebbings

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)



### QI GONG STRENGTH TRAINING

Qi Gong Strength Training: A dynamic combination of hard and soft movements coordinated with breathwork to strengthen tendons, ligaments, bones and internal organs. Many techniques are derived from Tai Chi, Wing Chun, and the Eight Brocade from Shaolin Kung-fu in order to prepare the body for more advanced Martial Arts training. Increases balance, coordination, and awareness and helps to prevent injuries caused by accidents or slip and fall. (Instructor: Thomas Flach)



### 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)



### RESTORATIVE YOGA 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)



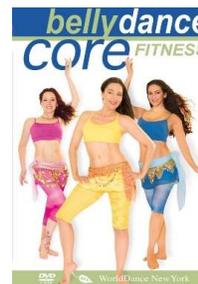
### ZUMBA

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 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. In July we will be doing yoga and meditation that explores and expands both the inner and the outer Light that is so abundant at this time of year. (Instructor: Samantha Patterson)



### TRIBAL MADNESS

Tribal Madness is an energetic and empowering dance program offering a wide variety of spirited dance movements ranging from Middle-Eastern Belly-Dancing to earthy and other tribal modalities set to a wide variety of world music featuring invigorating rhythms with a modern twist. A great way to shed not only unwanted stress, but also unwanted pounds (Instructor: Ashina)

### 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)



### ENTRANCING MOVEMENT AND MEDITATION YOGA

The moment-to-moment demands and concerns in our daily lives often disrupt the balance and harmonization between what we think and what we feel, often stressing us not only emotionally but physically as well. Through the combined practice of movement and meditation, we can foster the realignment of the many parts of our complex beings and refresh – or, as we say in computer language – re-boot our well-being. In this class we will foster health and healing as we work toward clearing, realignment and connection. (Instructor: Ashina)