



Classes

April 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 April 	3 April 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	4 April 9:15am Vinyasa Yoga-Lvl 1-2 5:45pm: Candlelight Flow Yoga	5 April 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	6 April 4:30pm: Restorative Yoga 5:45pm: Vinyasa-Hatha Yoga All Levels	7 April 9:15am Fusion Mat Pilates 10:30am A Time for Healing Awakening Yoga	8 April 9:00am Vinyasa Yoga-Lvl 2 10:15am Restorative Yoga 4:00pm: Qi Gong Strength Training
9	10 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	11 9:15am Vinyasa Yoga-Lvl 1-2 5:45pm: Candlelight Flow Yoga	12 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	13 4:30pm: Restorative Yoga 5:45pm: Vinyasa-Hatha Yoga All Levels	14 9:15am Fusion Mat Pilates 10:30am A Time for Healing Awakening Yoga	15 9:00am Vinyasa Yoga-Lvl 2 10:15am Restorative Yoga 4:00pm: Qi Gong Strength Training
16	17 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	18 9:15am Vinyasa Yoga Lvl 1-2 5:45pm: Candlelight Flow Yoga	19 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	20 4:30pm: Restorative Yoga 5:45pm: Vinyasa-Hatha Yoga All Levels	21 9:15am Fusion Mat Pilates 10:30am A Time for Healing Awakening Yoga	22 9:00am Vinyasa Yoga-Lvl 2 10:15am Restorative Yoga 4:00pm: Qi Gong Strength Training
23	24 9:15am Strength Training 10:30am: Jnana-Hatha Yoga 5:15pm: Restorative Yoga with Yoga Nidra	25 9:15am Vinyasa Yoga Lvl 1-2 5:45pm: Candlelight Flow Yoga	26 9:15am Simply Strength Training* 10:30am Jnana-Hatha Yoga 5:30pm: Restorative Yoga with Yoga Nidra	27 4:30pm: Restorative Yoga 5:45pm: Vinyasa-Hatha Yoga All Levels	28 9:15am Fusion Mat Pilates 10:30am A Time for Healing Awakening Yoga	29 9:00am Vinyasa Yoga-Lvl 2 10:15am Restorative Yoga 4:00pm: Qi Gong Strength Training
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Parking at MAIN GYM Location
29001 Oak Terrace, Cedar Glen
(909) 744-9105
www.bullworxfitness.com

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



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)



VINYASA-HATHA YOGA

Open to all experience levels, each class is uniquely choreographed incorporating traditional yogic postures. Students will focus on linking conscious breath with a mindful flow to cleanse the body and calm the mind. The goal is for students to awaken their strength, energy, and flexibility in a fun, positive atmosphere! (Instructor: Kelly Yoder)



VINYASA FLOW YOGA

Join a liberating yoga class that explores the delicate connection between breath and movement. A flowing vinyasa designed to work through the kinks in your muscles and clear your mind. Vinyasa is an athletic type of yoga. (Instructor: Vicki Stebbings-Tuesday) (Instructor: Kelly Yoder-Saturday)



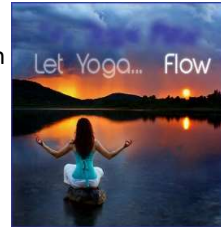
FUSION MAT PILATES

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)



RESTORATIVE YOGA

Yoga for athletes and sports participants, designed for injury prevention and training recovery. Increases flexibility, strength, range of motion, balance and mental focus. All levels are welcome. (Instructor: Kelly Yoder)



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)



CANDLELIGHT FLOW YOGA

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Asanas are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing and relaxing evening class that will help you wind down for the day. (Instructor: Kelly Yoder)



"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. The New Year brings "Awakenings Yoga" --the 3rd theme of our healing series. We continue to explore healing themes "Gratitude Yoga" -November and "Joy Yoga" - December (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)



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)