

Group Class Schedule-As of March 7, 2024

All of these classes are 45 minutes unless otherwise noted and are included and FREE with membership to The Pointe at Ballwin Commons.



www.ballwin.mo.us
636-227-8950

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 - 8:45 am Step Cardio Mimi	8:00 - 8:45 am Insane Intervals Laura	8:00 - 8:45 am Functional 45 Pete	6:00 - 6:45 am Yoga Fusion Donna	8:00 - 8:45 am Body Sculpt Mimi
8:15 - 9:00 am PiYo Georgette	8:00 - 8:45 am **50+ and Fit Mimi	9:00 - 9:45 am **Classic Silver Sneakers Georgette	9:00 - 9:45 am **Classic Silver Sneakers Debbie 10:00 - 10:45 am **Classic Silver Sneakers Debbie	9:15 - 10:00 am Body Sculpt Georgette	9:00 - 9:45 am **Classic Silver Sneakers Debbie	8:45 - 9:30 am Step Cardio Mimi
	9:15 - 10:00am Boot Camp Georgette	9:15 - 10:00 am Body Sculpt Pete	9:15 - 10:00 am Pi-Yo Georgette	10:30 - 11:15 am Zumba Georgette	9:15 - 10:00 am Step Cardio Mimi	10:00 - 10:45 am Boot Camp Georgette
Silver Sneakers Limit 30 All other classes Limit 28 unless otherwise noted in class description.	10:20 - 11:05 am **50+ and Fit Debbie	10:10- 10:50 am Fit 4 All Donna	10:10 - 10:50 am **Silver Sneakers Yoga Donna	11:30 - 12:15 pm Zumba Gold Susan	10:20 - 11:05 am **50+ and Fit Debbie	
**Boarding Pass at Welcome Desk available 30 min before class.	11:20 - 12:05 pm **50+ and Fit Debbie	11:00 - 11:45 am Yoga Fusion Donna	11:00 - 11:45 am **50+ and Fit Donna/Mimi	1-1:45pm **Tai Chi For Fall Prevention 2-2:45pm **Tai Chi For Fall Prevention Marianne		11:15 - Noon Zumba Georgette
Ages 10-13 with adult supervision or 14 and older		5:30 - 6:15 pm Zumba Karen	5:30 - 6:15 pm Pound Debbie	5:30 - 6:15 pm Pi-Yo Kathy		
	6:30- 7:15 pm Fitball Georgette	6:30 - 7:15 pm Insane Intervals Pete	6:30 - 7:15 pm PiYo Goergette	6:30 - 7:15 pm Yoga Kathy		

Class Descriptions

50+ and Fit - Low impact class using a variety of methods to improve endurance, strength and flexibility

Body Sculpt - Tones and shapes muscles with the use of hand weights and exercise bands.

Boot Camp - Interval training incorporating calisthenics, weights, steps and exercise balls

Fitball - Strengthening and sculpting class using exercise balls to optimize results

Fit 4 All - Fun format that includes movements for endurance, stability, strength and flexibility.

Functional 45 - A no-nonsense class led by a Pointe Personal Trainer. No choreography but plenty of functional exercise in 45 minutes.

Insane Intervals - Move from station to station to improve strength and endurance.

Pi-Yo - A fusion class incorporating Pilates and Yoga movements.

Pound Class - Channel your inner rock star with this full body cardio jam session of a workout inspired by drumming! Ripstix® are provided and yoga mat is recommended. Class limit 15.

SilverSneakers Classic - Move to the music to improve strength and range of motion. A chair for balance and equipment is provided.

SilverSneakers Yoga - Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Step Cardio - An upbeat cardio class using step platforms with core and strength work mixed in.

Tai Chi For Arthritis and Fall Prevention - Experience meditation and motion. Improve strength and balance. All skill levels are welcome.

Yoga Fusion - Get your body moving with a blend of yoga, body weight training, and balance. Keep your shoes on and enjoy the energy.

Zumba - Fusion of Latin and International music, Zumba uses interval training combined with easy dance steps.

Zumba Gold - A dance party workout for the young at heart. Get groovin' at your own pace!