

# Group Class Schedule

Schedule begins: February 1, 2017

www.ballwin.mo.us

636-227-8950

All of these classes are included and FREE with membership to The Pointe at Ballwin Commons.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 - 9:00 am Step Cardio Mimi		8:00 - 8:20 am Tenacious "20" Joan		8:00 - 8:45 am Body Sculpt Mimi
8:15 - 9:15 am PiYo Georgette	8:00 - 9:00 am 50+ and Fit Debbie		9:00 - 10:00 am Classic Silver Sneakers Doug	8:30 - 8:50 am Tenacious "20" Joan	9:00 - 10:00 am Classic Silver Sneakers Debbie	8:45 - 9:30 am Step Cardio Mimi
	9:15 - 10:15 am Bootcamp Georgette	9:15 - 10:15 am Body Sculpt Sue	9:15 - 10:15 am PiYo Georgette	9:15 - 10:15 am Body Sculpt Georgette	9:15 - 10:15 am Step Cardio Mimi	10:15 - 11:15 am Boot Camp Georgette
	11:00 - 11:45 am 50+ and Fit Debbie		11:00 - Noon 50+ and Fit Mimi or Sue	10:30 - 11:25 am Zumba Georgette	11:00 - Noon 50+ and Fit Debbie	11:15 - Noon Zumba Georgette
	11:50—12:35 pm 50+ and Fit Debbie	11:00 - Noon Fit 4 All Susan				
	12:40 - 1:00 pm Afternoon Abs Matt		12:40 - 1:00 pm Afternoon Abs Matt	11:30 - 12:25 Zumba Gold Susan		
		5:30 - 6:25 pm Zumba Georgette		5:30 - 6:25 pm Pi-Yo Georgette	5:30 - 6:15 pm Intense "45" Pete	
	6:15 - 7:15 pm Fitball Georgette	6:30 - 7:30 pm Insane Intervals Pete	6:30 - 7:30 pm Pound Class Debbie			
		7:40 - 8:25 pm Intense "45" Pete				



## Class Descriptions

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

**Afternoon Abs** - 20 minutes of abs and low back conditioning designed to strengthen your core.

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

**Bootcamp** - 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.

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

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

**Pi-Yo** - This is a high energy class that incorporates Pilates and Yoga movements.

**Pound Class** - Channel your inner rockstar with this full body cardio jam session of a workout inspired by drumming! Ripstix® are provided. Yoga mat is recommended. Class limited to 15.

**SilverSneakers Boom™** - 30 minutes of a unique blend of cardio and strength-based athletic moves.

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

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

**Total Conditioning** - A total body workout includes cardio, toning and strength.

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