



Specialized Group Fitness Classes

636-227-8950

Spinning®, Pilates, TRX and yoga schedule

Revised: Jan 14, 2019

www.ballwin.mo.us

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 - 6:30 am Spinning® Wendy			5:45 - 6:30 am Spinning® Jen	
8:15 - 9 am Spinning® Alternate Instructors	8:15 - 9 am Spinning® Jen		8 - 8:45 am TRX Georgette			8:15 - 9 am Spinning® Joan
	10am-10:45am Chair Yoga Natalie		8:15 - 9 am Spinning® Susan			
		11 - 11:45 am 50+ Spinning® Claudia		11 - 11:45 am Spinning® Claudia		11 - 11:45 am 50+ Spinning® Claudia
	5:30 - 6:15 pm TRX Georgette		5:30 - 6:15 pm Pilates Beckie			
	6:15 - 7 pm Spinning® for Beginners Lucy	6:15 - 7 pm Spinning® Lucy/Jeanine	6:15 - 7 pm Spinning® Joan	6:15 - 7 pm Spinning®		
	7:30-8:30 pm Yoga Joy			6:30-7:30 pm Yoga Rachel		
				7:40-8:40pm Gentle Yoga Rachel		

NEW PLATINUM MEMBERSHIP –Unlimited group and specialized classes, water aerobics, babysitting, Pointe membership,

Group Fitness Card

All Yoga, TRX, Pilates and Spinning® classes can now be attended at your convenience! A 20-visit card can be purchased at The Pointe's Welcome Desk.

If you just want to try one class, you can pay the drop-in fee of \$8.

Youth (17 and under) or **Senior** (62 and older) VIP/Resident \$80 Non-Resident \$140

Adult VIP/Resident \$100 Non-Resident \$140

Chair Yoga: Chair yoga provides all the benefits of yoga from a chair. Participants will be seated and using a chair for balance assistance and will not be expected to lie on the floor.

Gentle Yoga: Designed with the beginner in mind with all the benefits of yoga.

Pilates: Uses Pilates mat work format.

Spinning® is a high-energy group exercise class that integrates music and visualization in a complete mind and body exercise program. Individualized for participants of any ability, the class utilizes a simple set of movements, hand positions and heart rate training to deliver an excellent workout for all parts of the body, specifically the legs, abdomen, back and hips.

Spinning® classes are limited to ten participants and instructed by certified Spinning® instructors. *50+Spinning® is geared towards participants 50 years and over, but is open to all.

TRX Suspension Training is a unique class designed to strengthen and tone the entire body-using gravity as resistance, this class will challenge any fitness level.