



Specialized Group Fitness Classes

636-227-8950

Revised: January 1, 2017 **Spinning® , Pilates , TRX and yoga schedule**

www.ballwin.mo.us

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 - 6:30 am Spinning® Wendy			5:45 - 6:30 am Spinning® Jenn	
8:15 - 9 am Spinning® Alternate Instructors			8- 8:45 am TRX Georgette			8:15 - 9 am Spinning® Joan
	10:30 - 11:15 am Chair Yoga Kathy					
		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® Robin	6:15 - 7 pm Spinning® Joan	6:15 - 7 pm Spinning® Robin		
	7:40—8:40 pm Yoga Kathy			6:30—7:30 pm Yoga Kathy		

NEW PLATINUM MEMBERSHIP –Unlimited group and specialized classes, water aerobics, babysitting, Pointe membership, North Pointe pool pass and Resident golf rates!

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.

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.