

Spinning® Class Schedule

Begins January 9, 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 - 6:30 am Spinning® Wendy			5:45 - 6:30 am Spinning® Susie	
	8:15 - 9 am Spinning® Susan		8:15 - 9 am Spinning® Susan			8:15 - 9 am Spinning® Susie/ Kristin
		10:30 - 11:15 am 50+ Spinning® Claudia		10:30 - 11:15 am 50+ Spinning® Claudia		10:30 - 11:15 am 50+ Spinning® Claudia
Ages 10-13 with adult supervision or 14 and older	6:15 - 7 pm Beginning Spinning® Lucy		6:15-7pm Spinning® Laura	6:15 - 7 pm Intermediate Spinning® Lucy		

20 Visit Swipe Cards

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 \$9.

Youth (18 and under)	VIP/Resident \$110	Non-Resident \$170
Adult	VIP/Resident \$130	Non-Resident \$170
Senior (62 and older)	VIP/Resident \$110	Non-Resident \$170

PLATINUM MEMBERSHIP—Unlimited group and spinning classes, water aerobics, babysitting, Pointe membership, North Pointe pool pass & Resident golf rates!

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.

Beginning Spinning® offered for those just getting started.

50+Spinning® is geared towards participants 50 years and over, but is open to all.

Intermediate Spinning® is for those that are looking to learn more and build up to more intense workouts.