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POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

Get Your Class In Gear!

February marks the annual beginning of the end for many New Year's resolutions. In the fitness world it is an ongoing, and somewhat tiresome, joke. Fitness centers will become less and less congested. Finding variety in your workout routines is one way to avoid being part of the joke. Group fitness classes are one, often overlooked, way of keeping your resolution going.

When considering fitness classes, there are plenty from which to choose. The Pointe offers three categories of classes that can help you avoid a February flop.

Group Fitness Classes

This schedule is included in a facility daily admission or standard Pointe membership. There is no need to register for a class on this schedule. Simply show up at the scheduled time and get to work! Classes include Body Sculpt, Zumba, Boot Camp, Pound®, Intense 45, and much more!

Specialized Group Fitness Classes

This schedule includes Spinning®, TRX® Suspension Training, Yoga, and Pilates. Classes on this schedule have an additional fee with a standard membership. These classes are, however, included with a Pointe Platinum membership.

Water Aerobics Classes

For those that like the water, The Pointe offers a variety of classes in the pool. Water classes are a great way to not only change things up with your routine, but

water also offers plenty of resistance while stressing the joints less. Don't let the water fool you....it is a great workout. These classes have an additional fee with a standard membership and are included with a Pointe Platinum membership.

Although classes are a great way to add variety, there are common reservations to taking a class. Some classes implement choreographed routines through which the instructor leads participants. Step Cardio and Zumba classes are classic examples of this. For those challenged by following choreography, these classes may simply be frustrating versus a good workout. Other classes like Intense 45 and Tenacious 20 take choreography out of the equation. Participants should simply be ready to work. These classes can sound intimidating with the types of names assigned to them, but that is a false fear. No matter your fitness level, all the exercises are done at your own pace. In addition exercises can be modified by the instructor to keep you moving. A common fallacy heard is, "I need to get in shape before I take a class". After you read it, you can see how silly that sounds.

There are many types of group fitness classes. The additional motivation the instructors and class participants provide may be just what you need. You may think that group classes are not for you, but if you are looking for something different to keep you motivated, maybe it's time to get your class in gear and give one a try!



Ballwin Race Series

Dirty Spokes Mountain Bike Race

Maybe your 2017 resolution includes trying something completely new. This race at Castlewood State Park is designed for all ability levels with three categories, so even if you are new to the sport, this race is for you.

Day : Sunday
Date: April 9
Time: Category A-9am
Categories B and C immediately following Cat A at approximately 10:30am

Fee: \$30 per participant
\$40 after March 19

Location: Castlewood State Park

Essentrics® by SOLEFIT

New to The Pointe! Essentrics fitness classes are designed to improve full body flexibility among other benefits.

Days: Tuesdays
Dates: February 28-April 4
Time: 8:30-9:30am
Fee: VIP-\$66 Reg-\$78



Pointe Member of the Month

This monthly program is designed to acknowledge all the hard work that is happening every day at The Pointe at Ballwin Commons. It is also meant to encourage and inspire our members to continue accomplishing their goals. If you know someone who works especially hard or has a great attitude, nominate them by filling out a form at The Pointe's front desk, or email Kirsten at khochstetler@ballwin.mo.us.

The Pointe is excited to recognize **Ruth Volk** as February's Member of the Month. Congratulations!
<http://www.ballwin.mo.us/Departments/Parks-and-Recreation/The-Pointe-at-Ballwin-Commons/Newsletter-and-Info/>

Upcoming Pointe programs!

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays
Dates: February 15-March 22
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm

Fee: VIP-\$54 Reg-\$78
Age: 6 and up, including adults

Tumbling Tykes

Days: Mondays
Dates: February 20-March 27
Time: 6:30-7:15pm
Fee: VIP-\$34 Reg-\$44
Age: 4-6

Basic Training

This 24-class program is sure to get your workout routine kickstarted!

Days: Mondays-Thursdays
Dates: February 20-March 30
Time: 5:45-6:45am
Fee: VIP-\$129 Reg-\$149
Age: 14+

Greek Chicken Pasta

- 1 16oz package linguine pasta
- 1/2 cup chopped red onion
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 lb skinless, boneless chicken breast, cut into bite-size
- 1 14oz can marinated artichoke hearts, drained and chopped
- 1 large tomato chopped
- 1/2 cup crumbled feta cheese
- 3 tablespoons chopped parsley
- 2 tablespoons lemon juice
- 2 teaspoons oregano
- Salt and pepper to taste



1. Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water until tender yet firm to the bite, 8 to 10 minutes; drain.
2. Heat olive oil in a large skillet over medium-high heat. Add onion and garlic; saute until fragrant, about 2 minutes. Stir in the chicken and cook, stirring occasionally, until chicken is no longer pink in the center and the juices run clear, about 5 to 6 minutes.
3. Reduce heat to medium-low; add artichoke hearts, tomato, feta cheese, parsley, lemon juice, oregano, and cooked pasta. Cook and stir until heated through, about 2 to 3 minutes. Remove from heat, season with salt and pepper.

6 Servings: 488 Calories, 11g Fat, 70g Carbs, 32g Protein