

Specialized Group Fitness Classes

636-227-8950

Spinning®, Pilates, TRX and yoga schedule

Revised: November 22, 2016

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 \$7.

Youth (17 and under) or **Senior** (62 and older) VIP/Resident \$70 Non-Resident \$120

Adult VIP/Resident \$90 Non-Resident \$120

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.