



# Specialized Group Fitness Classes

636-227-8950

## Spinning®, Pilates, TRX and yoga schedule

Revised: December 15, 2017

www.ballwin.mo.us

| Sunday  | Monday  | Tuesday                                   | Wednesday                           | Thursday  | Friday   | Saturday                                  |
|---|---|---|-------------------------------------|---|--|---|
|   |   | 5:45 - 6:30 am<br>Spinning®<br>Wendy      |                                     |   | 5:45 - 6:30 am<br>Spinning®<br>Jen   |   |
| 8:15 - 9 am<br>Spinning®<br>Alternate Instructors                                 |   |   | 8- 8:45 am<br>TRX<br>Georgette      |   |  | 8:15 - 9 am<br>Spinning®<br>Joan          |
|  | 10:30 - 11:15 am<br>Chair Yoga<br>Kathy           |   |                                     |   |  |   |
|   |   | 11 - 11:45 am<br>50+ Spinning®<br>Claudia |                                     | 11 - 11:45 am<br>Spinning®<br>Claudia   |  | 11 - 11:45 am<br>50+ Spinning®<br>Claudia |
|   | 5:30 - 6:15 pm<br>TRX<br>Georgette                |   | 5:30 - 6:15 pm<br>Pilates<br>Beckie |   |  |   |
|   | 6:15 - 7 pm<br>Spinning®<br>for Beginners<br>Lucy | 6:15 - 7 pm<br>Spinning®<br>Lucy/Robin    | 6:15 - 7 pm<br>Spinning®<br>Joan    | 6:15 - 7 pm<br>Spinning®<br>Robin   |  |   |
|   | 7:40-8:40 pm<br>Yoga<br>Kathy                     |   |                                     | 6:30-7:30 pm<br>Yoga<br>Rachel<br>7:40-8:40pm<br>Gentle Yoga<br>Rachel<br>(Starts Jan 11, 2018) |  |   |

**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.

**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.