

REVISED JUNE 21, 2013

# SPECIALIZED GROUP FITNESS CLASSES

SPINNING®, PILATES, TRX AND YOGA SCHEDULE



WWW.BALLWIN.MO.US

636-227-8950

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:45 - 6:30 AM SPINNING® JEN		5:45 - 6:30 AM SPINNING® WENDY	
8:15 - 9 AM SPINNING® ALTERNATE INSTRUCTORS			8:15 - 9 AM TRX GEORGETTE		6 - 6:45AM TRX GEORGETTE	8:15 - 9 AM SPINNING® JOAN
	10:30 - 11:15 AM CHAIR YOGA JOY					
		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	5:15 - 6 PM SPINNING® STEVE	5:30 - 6:15 PM PILATES BECKIE			
	6:15 - 7 PM SPINNING® JEN	6:15 - 7 PM SPINNING® STEVE		6:15 - 7 PM SPINNING® AMANDA		
	7:40 - 8:40 PM YOGA JOY		7:40 - 8:40 PM YOGA JOY			

**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. PARTICIPANTS WILL NOT BE EXPECTED TO LIE ON THE FLOOR.

**DANCE YOGA:** MOVE, STRETCH, TONE AND ENJOY. 30 MINUTES OF SIMPLE DANCE MOVES TO CLASSIC ROCK, MOTOWN AND LATIN SOUNDS AT A MODERATE AEROBIC PACE ARE FOLLOWED BY 30 MINUTES 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.