

Group Class Schedule

June 28-July 4

www.ballwin.mo.us

636-227-8950



All of these classes are included and FREE with membership to The Pointe at Ballwin Commons.

Sunday-June 28	Monday-June 29	Tuesday-June 30	Wednesday-July 1	Thursday-July 2	Friday-July 3	Saturday-July 4
		8:00 - 8:45am Step Cardio Mimi		8:00 - 8:45 am Functional 45 Pete		8:00 - 8:35 am Body Sculpt Mimi
8:15 - 9:00 am PiYo Danie	8:00 - 8:45 am 50+ and Fit Mimi	9:00 - 9:45 am Gymnasium Classic Silver Sneakers Georgette	9:00 - 9:45 am Gymnasium Classic Silver Sneakers Georgette		9:00 - 9:45 am Gymnasium Classic Silver Sneakers Debbie	8:45 - 9:20 am Step Cardio Mimi
	9:15 - 10:00 am Boot Camp Georgette	9:15 - 10:00 am Body Sculpt Pete	9:15 - 10:00 am Pi-Yo Danie	9:15 - 10:00 am Body Sculpt Georgette	9:15 - 10:00 am Step Cardio Mimi	10:00 - 10:45 am Boot Camp Georgette
	10:20 - 11:05 am 50+ and Fit Debbie		11:00 - 11:45am 50+ and Fit Mimi	10:30 - 11:15 am Zumba Georgette	10:20 - 11:05 am 50+ and Fit Debbie	11:15 - Noon Zumba Georgette
	11:20 - 12:05 pm 50+ and Fit Debbie	11:00 - 11:45am Fit 4 All Susan		11:30 - 12:15 Zumba Gold Susan	11:20 - 12:05 pm 50+ and Fit Georgette	
		5:30 - 6:15 pm Zumba Karen		5:30 - 6:15 pm Pi-Yo Georgette		
	6:15 - 7:00 pm Fitball Georgette	6:30 - 7:15 pm Insane Intervals Pete	6:30 - 7:15 pm Pound Class Debbie			



Class Descriptions: Maximum class size 12 in aerobic studio.

50+ and Fit - Low impact class using a variety of methods to improve endurance, strength and flexibility

Body Sculpt - Tones and shapes muscles with the use of hand weights and exercise bands.

Boot Camp - Interval training incorporating calisthenics, weights, steps and exercise balls

Fitball - Strengthening and sculpting class using exercise balls to optimize results

Fit 4 All- Fun format that includes movements for endurance, stability, strength and flexibility.

Functional 45- A no-nonsense class led by a Pointe Personal Trainer. No choreography but plenty of functional exercise in 45 minutes.

Insane Intervals- Move from station to station to improve strength and endurance.

Pi-Yo - This is a high energy class that incorporates Pilates and Yoga movements.

Pound Class-Channel your inner rock star with this full body cardio jam session of a workout inspired by drumming! Ripstix® are provided. Yoga mat is recommended.

SilverSneakers Classic-Move to the music to improve strength and range of motion. A chair for balance and equipment is provided.

Step Cardio-An Upbeat cardio class using step platforms with core and strength work mixed in.

Zumba - Fusion of Latin and International music, Zumba uses interval training combined with easy dance steps.

Zumba Gold- A dance party workout for the young at heart. Get groovin' at your own pace!

CLASSES IN A BLACK BOX WILL BE HELD ON COURT 2 – POINTE GYMNASIUM