

Group Class Schedule-As of April 1, 2025

All of these classes are 45 minutes unless otherwise noted and are included and FREE with membership to The Pointe at Ballwin Commons.



www.ballwinandrecreation.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 - 8:45 am Step Cardio Mimi	8:00 - 8:45 am Insane Intervals Laura	8:00 - 8:45 am Functional 45 Pete	6:00 - 6:45 am Yoga: Long-Slow-Deep Cheryl	8:00 - 8:45 am Body Sculpt Mimi
8:15 - 9:00 am PiYo Georgette	8:00 - 8:45 am **50+ and Fit Mimi	9:00 - 9:45 am **Classic Silver Sneakers Georgette	9:00 - 9:45 am **Classic Silver Sneakers Debbie 10:00 - 10:45 am **Classic Silver Sneakers Debbie	9:15 - 10:00 am Body Sculpt Georgette	9:00 - 9:45 am **Classic Silver Sneakers Debbie	8:45 - 9:30 am Step Cardio Mimi
	9:15 - 10:00am Boot Camp Georgette	9:15 - 10:00 am Body Sculpt Pete	9:15 - 10:00 am Pi-Yo Georgette	10:30 - 11:15 am Zumba Georgette	9:15 - 10:00 am Step Cardio Mimi	10:00 - 10:45 am Boot Camp Georgette
Silver Sneakers Limit 30 All other classes Limit 28 unless otherwise noted	10:20 - 11:05 am **50+ and Fit Debbie	10:10 - 10:50 am **50+ and Fit Georgette	10:10 - 10:50 am **50+ and Fit Georgette/Mimi	11:30 - 12:15 pm Zumba Gold Susan	10:20 - 11:05 am **50+ and Fit Debbie	
**Boarding Pass at Welcome Desk available 30 min before class.	11:20 - 12:05 pm **50+ and Fit Debbie	11:00 - 11:45 am Yoga: Long-Slow-Deep Cheryl		1-1:45pm **Tai Chi For Fall Prevention 2-2:45pm **Open the Door to Tai-Chi Marianne		11:15 - Noon Zumba Georgette
	12:15 - 1:00 pm **Silver Sneakers Yoga Lisa					
Ages 10-13 with adult supervision or 14 and older		5:30 - 6:15 pm Zumba Karen	5:30 - 6:15 pm Pound Debbie	5:30 - 6:15 pm Pi-Yo Kathy		
	6:30 - 7:15 pm Fitball Georgette	6:30 - 7:15 pm Insane Intervals Pete	6:30 - 7:15 pm PiYo Georgette	6:30 - 7:15 pm Yoga Kathy		



Class Descriptions

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

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 - A fusion class incorporating 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 and yoga mat is recommended. Class limit 15.

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

SilverSneakers Yoga - Chair Yoga style class.

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

Tai Chi For Arthritis and Fall Prevention - Experience meditation and motion. Improve strength and balance. All skill levels are welcome.

Tai Chi-Open the Door to Tai Chi - You will be guided through the foundational postures of Tai Chi Yang Form. All skill levels are welcome.

Yoga - An eclectic style blending several styles, but is mainly Hatha. Strengthen the body and mind.

Yoga:Long-Slow-Deep - Open up your mind and body! This class is for all adult ages designed to improve your flexibility and mobility through deep yoga stretching. It is targeted mobility training that involves holding stretches (poses) in a completely relaxed, passive state, allowing gravity to do most of the work.

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!