

Group Class Schedule-Begins January 2

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



www.ballwin.mo.us
636-227-8950

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00 - 8:45 am Step Cardio Mimi		8:00 - 8:45 am Functional 45 Pete		8:00 - 8:45 am Body Sculpt Mimi
8:15 - 9:15 am PiYo Georgette	8:00 - 8:45am 50+ and Fit Mimi	9:00 - 9:45 am Classic Silver Sneakers Georgette	9:00 - 9:45 am Classic Silver Sneakers Debbie		9:00 - 9:45 am Classic Silver Sneakers Debbie	8:45 - 9:20 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	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 Fi Debbie		10:10 - 10:50 am Silver Sneakers Yoga Donna	10:30 - 11:15 am Zumba Georgette	10:20 - 11:05 am 50+ and Fit Debbie	
	11:20 - 12:05 pm 50+ and Fit Debbie	11:00 - 11:45 am Fit 4 All Susan	11:00 - 11:45 am 50+ and Fit Donna/Mimi	11:30 - 12:15 pm Zumba Gold Susan	11:20 - 12:05 pm 50+ and Fit Georgette	11:15 - Noon Zumba Georgette
	12:40 - 1:00 pm Afternoon Abs Matt (20 Minutes)			12:40 - 1:00 pm Afternoon Abs Matt (20 Minutes)		
Ages 10-13 with adult supervision or 14 and older		5:30 - 6:15 pm Zumba Karen		5:30 - 6:15 pm Pi-Yo Kathy		
	6:15 - 7:00 pm Fitball Georgette	6:30 - 7:15 pm Insane Intervals Pete	6:30 - 7:15 pm Pound Class Debbie			

Maximum Class Size 12

Ask about The Platinum Membership!

Class Descriptions

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

Afternoon Abs - 20 minutes of abs and low back conditioning designed to strengthen your core.

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. Class limited to 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 support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

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!