



Specialized Group Fitness Classes

636-227-8950

Spinning®, Pilates, TRX, Yoga & Barre Above

June 28-July 4

www.ballwin.mo.us

Sunday-June 28	Monday-June 29	Tuesday-June 30	Wednesday-July 1	Thursday-July 2	Friday-July 3	Saturday-July 4
		5:45 - 6:30 am Gymnasium Spinning® Wendy			5:45 - 6:30 am Gymnasium Spinning® Jen	
			8 - 8:45 am Barre Above Georgette			
8:15 - 9 am Gymnasium Spinning® Lucy	8:15 - 9 am Gymnasium Spinning® Jen		8:15 - 9 am Gymnasium Spinning® Susan			8:15 - 9 am Gymnasium Spinning® Joan
		11 - 11:45 am Gymnasium 50+ Spinning® Claudia		11 - 11:45 am Gymnasium 50+ Spinning®		11 - 11:45 am Gymnasium 50+ Spinning® Claudia
	5:30 - 6:15 pm TRX Georgette		5:30 - 6:15 pm Pilates Beckie			
	6:15 - 7 pm Gymnasium Beginning Spinning® Lucy	6:15 - 7 pm Gymnasium Spinning® Susie	6:15 - 7 pm Gymnasium Spinning® Joan	6:15 - 7 pm Gymnasium Intermediate Spinning® Lucy		
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 \$9.

Youth (18 and under) or **Senior** (62 and older) VIP/Resident \$110 Non-Resident \$170 **Adult** VIP/Resident \$130 Non-Resident \$170

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.

Beginning Spinning® offered for those just getting started.

50+Spinning® is geared towards participants 50 years and over, but is open to all.

Intermediate Spinning® is for those that are looking to learn more and build up to more intense workouts.

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.

Barre Above a fusion of ballet, yoga, Pilates for strength and toning.

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