

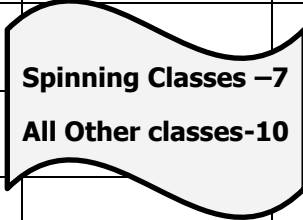

Specialized Group Fitness Classes

636-227-8950

Spinning® and Yoga

Beginning January 2, 2021

www.ballwin.mo.us

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		5:45 - 6:30 am Spinning® Wendy	 <p>Spinning Classes -7 All Other classes-10</p>		5:45 - 6:30 am Spinning® Jen		
	8:15 - 9 am Spinning® Jen						8:15 - 9 am Spinning® Susie/ Danie
		11 - 11:45 am 50+ Spinning® Claudia			11 - 11:45 am 50+ Spinning® Claudia		11 - 11:45 am 50+ Spinning® Claudia
Ages 10-13 with adult supervision or 14 and older	6:15 - 7 pm Beginning Spinning® Lucy		6:15 - 7 pm Spinning® Julia	6:15 - 7 pm Intermediate Spinning® Lucy			
				6:30 - 7:15 pm Yoga Kathy	 <p>THE POINTE AT BALLWIN COMMONS</p>		

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

PLATINUM MEMBERSHIP—Unlimited group and specialized classes, water aerobics, babysitting, Pointe membership, North Pointe pool pass & Resident golf rates!

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.

ALL SPINNING CLASSES WILL BE HELD IN FLEX ROOM— MAXIMUM 7 PARTICIPANTS!