

GROUP EXERCISE SCHEDULE

January 2 - March 14, 2026



Ages 14+

Members are FREE!

Check-in for a class at the front desk. Space is limited so be sure to reserve a spot up to 2-hours before the class starts. **Non-members may purchase a day pass to attend a class.**

MON

TUES

WED

THURS

FRI

SAT

MORNING CLASSES

8:15am
Step & Tone

10:30am
Exercise 2 Music¹

8:15am
Step & Tone

10:30am
Gentle Yoga¹

10:30am
Exercise 2 Music¹

8:15am
Step & Tone

10:30am
Exercise 2 Music¹

9:15am
Zumba

EVENING CLASSES

6:15pm
TRX

6:15pm
Step & Tone
Starting Jan. 27

7:15pm
Zumba

6:00pm
Belly Dancing²

7:15pm
Zumba

NO CLASSES

Thurs, January 1
Mon, January 19
Mon, February 16

*Schedule subject to change.
No classes on city observed
holidays.*

¹ Recommended for 55-up

² Not included with
membership

Group Exercise Class Descriptions

Exercise to Music: designed for seniors and Medicare based programs. This class can still be challenging and rewarding. To double check that you are eligible for this class, please see the front desk before joining.

Step & Tone: This class offers a great cardio and strength workout. Creative and dynamic moves are incorporated in order to ensure a great caloric burn. Each session is perfect for improving cardio, toning muscles, and burning calories.

Total Body Strength: This class incorporates a mixture of body weight, dumbbells, and resistance bands. Helping you strengthen and tone from head to toe!

TRX: A unique and fun suspension training system. TRX benefits everyone from fitness beginners to advanced athletes. Your instructor will lead you through movements that challenge and build strength, mobility, flexibility, balance as well as core fitness. And yes, FUN is a big component of these classes!

Gentle Yoga: A beginner senior-friendly class focusing on the fundamentals of yoga and simple flows to improve flexibility, balance, and coordination with your breath. Together, we'll build strength, promote well-being, and grow as a community.

Zumba: Faster pace movement class built around incorporating Latin music with fun dance moves. Let this class take you away from boring exercise and work on improving your cardio and coordination. You do not have to be a dancer to get something out of this class.



PERSONAL TRAINING

1 HOUR FOR \$75

Personal trainers at The Link are nationally certified and are here to help you with all of your fitness goals, including: weight loss, improving metabolism, increasing mobility, and assisting with functional fitness. Scan the QR code above or go to our website to complete a personal training request form so our staff can reach back out to you!

NON-MEMBER

5 HOURS	\$300
10 HOURS	\$550
20 HOURS	\$900

LINK MEMBER

5 HOURS	\$270
10 HOURS	\$495
20 HOURS	\$810

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REQUEST FORM

Fitness Orientation: 2nd Wednesdays at 5:30pm, The Link hosts a free fitness orientation with a Link instructor to learn how to use the fitness equipment and machines. Advanced registration is required (by noon the day before). Limit one enrollment per member per year. This orientation is \$20 for non-members.