

1299 Lafayette St., Jefferson City, MO 65101 • (573) 634-6482



# Exercise Class Schedule

## Fall 2021

(September 7 - December 22, 2021)

*See back for class descriptions.*

Class Fees: FREE for LINC Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5:15- 6:00 am Freestyle 45</b> (Staci)	<b>5:15- 6:15 am Crossfire</b> (Alina)	<b>5:15- 6:00 am 50/50 – Power Cycle &amp; Core or HIIT class</b> (Tracie & Staci)	<b>5:15 - 6:15 am Crossfire</b> (Alina)	<b>5:15- 6:00 am Freestyle 45</b> (Alina)
<b>8:30-9:30 am Twalkers</b> (Michelle)	<b>9:00-9:45 am Chair Yoga</b> (Kate)	<b>8:30-9:30 am Twalkers</b> (Michelle)	<b>9:00-9:45 am Simple Circuit</b> (Kate)	<b>8:30-9:30 am Twalkers</b> (Michelle)
<b>12:15 - 12:45 pm Hiit It</b> (Rotating staff)	<b>12:15 - 12:45 pm Power Cycle</b> (Tracie)	<b>12:15 -12:45 pm Hiit It</b> (Rotating Staff)	<b>12:15 - 12:45 pm Hiit It</b> (Tracie)	<b>12:15 - 12:45 pm Yoga</b> (Rotating Staff)
<b>4:30 - 5:15 pm Yoga/Pilates</b> (Kate)	<b>6:30 – 7:00 pm Crazy Cardio</b> (Kat)	<b>4:30 - 5:15 pm Yoga/Pilates</b> (Tracie)	<b>4:30 - 5:15 pm Power Cycle</b> (Kristen)	
<b>5:30 - 6:30 pm Muscle Max</b> (Katie)			<b>6:30 – 7:00 pm Crazy Cardio</b> (Kat)	

**PLEASE NOTE:**

- Every class has modifications for all fitness levels.
- Participants must be at least 16 years of age to attend classes.
- Classes are held at The LINC. Classes may be held indoors/ outdoors depending on weather.
- Registration on the Linc app begins the day of the scheduled class. Space is limited.
- You may not register or reserve equipment for other participants.

**Download The LINC app today!**  
Available on the App & Google Play Store!



**Watch for Pop Up class announcements on The LINC Facebook and Instagram pages!**