

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



Exercise Class Schedule

Fall 2023

(September 5 – December 22, 2023)

See back for class descriptions.

Class Fees: FREE for LINC Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15- 6:00 am Freestyle 45 (Staci)	5:15- 6:15 am Full Body Force (Alina)	5:15- 6:00 am 50/50 – Power Cycle & Core (Tracie & Staci)	5:15 - 6:15 am Muscle MaxOut (Alina)	8:30-9:30 am Twalkers (Michelle)
8:30-9:30 am Twalkers (Michelle)	9:00-9:45 am Chair Yoga (Kate)	8:30-9:30 am Twalkers (Michelle)	9:00-9:45 am Simple Circuit (Kate)	12:15 - 12:45 pm Yoga (Rotating Staff)
9:45-10:45 am Tai Chi for Arthritis (Michelle or Cindy)	12:15 - 12:45 pm Power Cycle (Tracie)	9:45-10:45 am Tai Chi for Arthritis (Michelle or Cindy)	12:15 - 12:45 pm Hiit It (Tracie)	
12:15 - 12:45 pm Power Strike (Carlton)	4:30 - 5:15 pm Power Cycle (Kristen)	12:15 -12:45 pm Hiit It (Rotating Staff)	4:30 - 5:15 pm Power Cycle (Kristen)	
4:30 - 5:15 pm Yoga/Pilates (Kate)	5:15 – 6:15 pm Hip Hop Step (Carlton)	4:30 - 5:15 pm Yoga/Pilates (Tracie)		
5:30 - 6:30 pm Muscle Max (Kate)				

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!**