

GROUP FITNESS

Group Fitness Ages 14-up	Payment Options	
	Monthly Draft	Annual Payment
Member	\$10	\$100
Non-Member	\$30	\$300
Member Family (14+)	\$15	\$150
Non-Member Family (14+)	\$45	\$450



Group Exercise Schedule

Class Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6-6:50 a.m.	Boot Camp+		Boot Camp+		Boot Camp+	
8-8:50 a.m.	Step & Tone	Yoga I	Step & Tone	Barre Pilates	Step & Tone	
9-9:50 a.m.	Build & Burn	Barre Pilates	Build & Burn	Restorative Yoga	Iron Yoga (Power Yoga + Weights)	Build & Burn
10-10:50 a.m.	Senior-cise*		Senior-cise*		Exercise to Music*	Barre Pilates
11-11:50 a.m.	Exercise to Music*		Exercise to Music*			Yoga I
5-5:50 p.m.						
6-6:50 p.m.	Build & Burn	Hip-Hop Step	WRkit	Barre Pilates	+Must be registered as a separate class *For Silver Sneakers or Silver Fit mem- bers only	
7-7:50 p.m.	Urban Heat	Yoga I starts Oct 17	Yoga I	WRkit		

Group Exercise classes will be sold as an a la cart package. The schedule above is for face-to-face classes. The Link will also offer a handful of video based classes weekly. Schedule subject to change monthly.