

GROUP FITNESS

Group Fitness Ages 14-up	Payment Options	
	Monthly Draft	Annual Payment
Member	\$10	\$100
Non-Member	\$30	\$300
Member Couple	\$15	\$150
Non-Member Couple	\$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	Hard-Core	WRkit	Barre Pilates	+Must be registered as a separate class *For Silver Sneakers or Silver Fit mem- bers only Additional video led classes weekly, see additional schedule for times.	
7-7:50 p.m.	MVMNT	Yoga I	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.

Class Descriptions

Vinyasa Yoga: a flowing dynamic sequence of poses. This type of practice involves synchronizing the breath with a continuous flow of postures. Fluidity and flexibility increase as the practitioner releases stress and shifts with a meditative mind.

Hatha Yoga: a combination of holding poses and flowing through poses while learning to control breath and remain aware of technique. Posture, strength and discipline improve the body, mind, spirit connection and create alignment and integration where misalignment and separation have crept.

Gentle Flow: a **softer, nurturing, slow-paced, well-supported and relaxing, vinyasa flow class.**

Power Yoga: a combination of longer holds, quickened flows, more advanced transition techniques and postures. Fun, playful, and ever-changing, this class keeps things new and curious for the practitioner who wants variety and continuous challenge.

Ashtanga Yoga: a powerful, healing yoga style with specific sequences of postures, linking breath and movement; an athletic flow combining strength, flexibility and stamina for a complete practice.

Mediation + Flow: warm up with a flow that matches a weekly mediation lesson to bring closure to the week behind and intention for the week ahead.

Build & Burn: a strength and conditioning class that utilizes kettle bells, dumb bells, and body weight exercises to grow muscles, define and lean the physique, improve endurance and athleticism, and create overall health.

Insanity: max interval, cardio class that builds lean muscle and upper-body definition with drills and power moves.

Hip Hop Step: cardiovascular conditioning, step aerobics class set to classic and new dance music.

TWRKIT: a fun dance fitness class that harnesses the power of the pelvic tilt to develop atrophied and under-developed muscles. In a inclusive and warm environment we will engage our bodies like never before, learn tribal and modern styles of dance, and find worth in what IS.

Barre lates: a combination of ballet exercises and mat pilates to develop long, lean muscles, definition, perfect posture and core strength. This class results in lighter, longer bodies, improvement of bone density and enhancement of grace.

Friday FuseCamp: A special, weekly fitness surprise. FuseCamp dynamically mash's up exercises from various classes at the Link into an hour of sweaty fun. Always a challenge. Always new.

FreeDNCE: think Flirty Girl, think Zumba, think Hip Hop all in one freestyle dance class.

Speed & Agility: pre-season & in-season athletic drills for those in competitive sports or who want to be in shape as if they are. Increase your jump, your quickness, your endurance, stamina, and coordination. We will directly pull from the Texas teams you love. Train like a Cowboy, a Ranger, a Maverick, a Star.

Yoga I: An all-level class that teaches the basics of yoga and meditation. This class engages both the beginning and long-time practitioner with fundamental and ever-changing class content drawn from a wide array of meditation and yoga types, techniques, tenets and postures.

Yoga II: A advanced yoga class that provides the more experienced yoga practitioner with the time and instruction necessary to develop poses, transitions, inversions, arm balances, holds, binds and and more challenging flows.