



1299 Lafayette Street
Jefferson City, MO 65101
(573) 634-6482

Exercise Class Schedule- Fall 2018 (September 4 – December 21)

(See class descriptions on back)

Monday	Tuesday	Wednesday	Thursday	Saturday
12:15 - 12:45 pm Hiit It (Susan) 3:45 - 4:15 pm Body Mechanix (Kimberly)* 4:30 - 5:15 pm Cardio Core (Katie)* 5:30 - 6:30 pm Muscle Max (Katie) 5:30 - 6:15 pm Power Cycle (Kristen)	12:15 - 12:45 pm Power Cycle (Tracie) 4:30 - 5:15 pm Power Cycle (Tracie)* 5:30 - 6:30 pm 50/50 (Susan)	12:15 - 12:45 pm Hiit It (Katie) 3:45 - 4:15 pm Body Mechanix (Kimberly)* 4:30 - 5:00 pm Hiit It (Kimberly)* 5:30-6:30 pm Zumba Fit (Beth / Alina) 5:45 - 6:30 pm Body Blast (Tracie)	12:15 - 12:45 pm Hiit It (Tracie)* 4:30 - 5:15 pm Pump It (Susan)* 5:30 - 6:15 pm Power Cycle (Kristen)	Rock 'N' Roll Park Tour Workout 7:30-8:30 am Sept. 8 – Ellis Porter Pavilion Sept. 22 – Memorial Pavilion October 6 – McKay Park October 27 – McClung Park November 3 – MO River Access - (North Jeff) November 17 – The LINC

Get Fit Fall 2018 Challenge- Attend at least 30 exercises classes during the session and win a prize! Download and log into the MyWellness App. to join the challenge today!

Rock 'N' Roll Park Tour Challenge- Attend 5 of the 6 dates and win a Park Tour T-Shirt. Class instructor will record attendance each class date.

Class Fees: Free for Linc Members
\$7 – Non Members

Please Note:

- Every class 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 opens 30 minutes prior to class start time, Pick up your pass at the front desk. Space is limited.
- You may not register or reserve equipment for other participants.

* JCPS Staff Eligible class