

7TH ANNIVERSARY



JOIN US
**APRIL
27**

10AM-2PM

**FREE
20 MINUTE
DEMO CLASSES**

**AGES 5+
AGES 14+
AGES 55+**

**MORE
FUN!**

**BIRD'S NEST
RACES
AGES 3-10**

**NERF
CHALLENGE
AGES 8-13**

**ESPORTS
GAMES
AGES 10+**

**PRIZE
DRAWINGS
EVERY
30 MINUTES**

**10:00
AM**

ZUMBA

CLASSES: T/TH 7PM & SAT 9AM
Incorporating Latin music with fun dance moves!

TRX

CLASSES: M/W 6PM & 1ST/3RD SAT 10AM
A unique and fun suspension training system. Builds strength, mobility, flexibility, and core.

**10:30
AM**

STEP & TONE

CLASSES: M/W/F 8AM

This class offers a great cardio and strength workout. Each session is perfect for improving cardio, toning muscles, and burning calories.

**11:00
AM**

PILATES

CLASSES: 1ST/3RD SAT. 10AM

All-level, low-impact system of movements. Classes work to isolate muscle contractions and stretch to improve muscle tone, balance, flexibility, and strength.

**11:00
AM**

KARATE

CLASSES: M/W at 5PM

Karate is much more than kicks and jabs! Karate promotes courtesy, integrity, humility, justice, honor, and self-control, while also learning self-defense and improving overall health.

**11:30
AM**

YOGA

CLASSES: SEE SCHEDULE

Get ready to relax with some deep stretches where we learn how to use our breath to ease tension in our body.

**12:00
PM**

EXERCISE 2 MUSIC

CLASSES: M/W/F 10:30AM

Richland Hills' longest running fitness program! Designed for seniors. This class can still be challenging and rewarding.

**FREE
HOTDOGS,
CUPCAKES,
& POPCORN**

Limited to first 100 people

11:30AM

**PICK-A-PERK
MEMBERSHIP SALE**

**PICK 2 PERKS
ON APRIL 27**

**WANT
TO HELP?**



Celebrate our Community!

Individuals, Groups & Organizations Needed

Saturday, April 27, 8 AM - 2 PM

CLEAN

8 AM - 10 AM
Clean and beautify our parks, stormwater areas & greenscapes and receive a tree seedlings to plant at your own home.

GREEN

8 AM - 10 AM
Plant wildflowers to beautify the Hike & Bike Trail area and attract pollinators.

LEAN

10 AM - 2 PM
Join us at The Link 6750 Baker Blvd to celebrate our 7th Anniversary of family fun and fitness. Tour new amenities!

SIGN-UP

www.TheLinkRec.com



PICK A PERK

With your choice of a paid in full annual membership.



20% DISCOUNTED ANNUAL MEMBERSHIP RATES

MEMBERSHIP CATEGORY	RESIDENT DISCOUNTED RATE	RESIDENT REGULAR RATE	NON-RESIDENT DISCOUNTED RATE	NON-RESIDENT REGULAR RATE
FAMILIES Parents & legal dependents.	\$385	\$480	\$440	\$550
ADULTS Ages 19-54.	\$225	\$280	\$265	\$330
SENIORS & TEENS Ages 55-Up & 14-18	\$145	\$180	\$170	\$210
SENIOR COUPLES Married couples ages 55-up	\$240	\$300	\$280	\$350
YOUTH Ages 5-13. No fitness access.	\$105	\$130	\$120	\$150

SUMMER BUDDY PASS

Bring your BFF (Best Fitness Friend) for FREE all summer long through August 31, 2024. The earlier you join, the longer your BFF gets to tag along! Choose whomever you like and let them visit whenever they like! You only get one BFF, so choose wisely!



ALL INCLUSIVE PARTY PACKAGE DISCOUNT

Receive a \$100 discount off of our All Inclusive Party Package. Pick from five different party packages including Nintendo Switch, ESports, Indoor Playground, Nerf Battle or Lawn Games. All parties include 1.5 hours of rental space, rental equipment, custom cake, ice cream, table decor and bottled water. Craft your perfect celebration and prepare to make memories!



Available April 15 thru May 15