

# 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](http://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.	<b>\$385</b>	<b>\$480</b>	<b>\$440</b>	<b>\$550</b>
ADULTS Ages 19-54.	<b>\$225</b>	<b>\$280</b>	<b>\$265</b>	<b>\$330</b>
SENIORS & TEENS Ages 55-Up & 14-18	<b>\$145</b>	<b>\$180</b>	<b>\$170</b>	<b>\$210</b>
SENIOR COUPLES Married couples ages 55-up	<b>\$240</b>	<b>\$300</b>	<b>\$280</b>	<b>\$350</b>
YOUTH Ages 5-13. No fitness access.	<b>\$105</b>	<b>\$130</b>	<b>\$120</b>	<b>\$150</b>



### 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