

GROUP FITNESS CLASS SCHEDULE - AUGUST 2025

- Must have a MARC Membership or MARC Day Pass to register for classes*
- NO DROP-INS ALLOWED, MUST REGISTER ONLINE OR AT THE 1ST FLOOR FRONT DESK.
- Registration closes 10 mins before the class begins.

REGISTRATION UPDATE:
Group fitness class registrations will now open weekly:

July 28 at 12 PM - Aug 4-10
Aug 4 at 12 PM - Aug 11-17
Aug 11 at 12 PM - Aug 18-24
Aug 18 at 12 PM - Aug 25-31



Scan to Register!

Schedule is Subject to Change
Last Revised 7/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS ROOM A	9 AM - ZUMBA - Danielle	8 AM - Senior Cardio Strength - Barb	9:15 AM SHiNE & UPLIFT - Tiffany & Lauren	8 AM - Senior Cardio Strength - Barb	9:15 AM SHiNE Dance Fitness - Tiffany & Lauren (N/A: 8/01)	9 AM SHiNE Dance Fitness - Tiffany & Lauren	10:30 AM - ZUMBA - Lori (N/A: 8/03)
	10:10 AM - 20 MINUTE HIIT - Danielle	9 AM Chair Yoga - Barb	11 AM - Interval Circuit Training - Brenda	9 AM Chair Yoga - Barb	5:30 PM - Interval Circuit Training - Brenda	11 AM - Body Weight Tone & Sculpt - Brenda	
	6 PM - ZUMBA - Danielle	5:30 PM - Interval Circuit Training - Brenda	5:30 PM - Body Weight Tone & Sculpt - Brenda	5:45 PM SHiNE & UPLIFT - Tiffany & Lauren Aug 14 - UPLIFT ONLY			
		7 PM - ZUMBA -Mauricio	7 PM - ZUMBA STEP -Mauricio	7 PM - ZUMBA -Mauricio			
GROUP FITNESS ROOM B		10 AM - ZUMBA - Danielle	9:30 AM - SPIN - Brenda	10 AM - ZUMBA - Danielle	10 AM - 20 MINUTE HIIT - Danielle	**8:10 AM - ZUMBA - Danielle	
		11:10 AM - 20 MINUTE HIIT - Danielle	11 AM - ZUMBA - Danielle	11:30 AM - SPIN - Brenda	10:30 AM - ZUMBA - Danielle	9:30 AM - SPIN - Brenda	
			5:30 PM - 20 MINUTE HIIT - Danielle				
		5:45 PM SHiNE Dance Fitness - Tiffany & Lauren	6 PM - ZUMBA - Danielle	5:30 PM SPIN - Brenda			
FITNESS LOFT		10 AM MARC FITSTART: Weight & Cardio Machine Orientation		10 AM MARC FITSTART: Weight & Cardio Machine Orientation			
POOL		9 AM Splash & Burn - Heather		9 AM Splash & Burn - Heather			

Please check the Child Watch schedule and plan ahead — capacity is limited to 16 children.
**The MARC opens at 8:00 AM on Saturdays; please plan accordingly for the 8:10 AM Zumba class.