

Group Fitness Class Schedule - July 2026

If not attending a registered class, please withdraw online the day before or call the Front Desk at 520-382-8880

- 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.

Fitness Class Registrations Open Weekly on Mondays:

Jun 22 at 11 AM - Jun 29 - Jul 5
 Jun 29 at 11 AM - Jul 6 - Jul 12
 Jul 6 at 11 AM - Jul 13 - Jul 19
 July 13 at 11 AM - Jul 20 - Jul 26
 Jul 20 at 11 AM - Jul 27 - Aug 2

Fitness on Demand Drop-Ins:

- OVER 2,000 FITNESS VIDEOS
- FIRST COME FIRST SERVE FOR FITNESS VIDEO SELECTION AT 2ND FLOOR FRONT DESK WHEN THERE'S NO IN-PERSON CLASSES IN ROOM B.
- Members can join the fun anytime until capacity is full.



Scan to Register!

Schedule is Subject to Change
 Last Revised 6/23/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
GROUP FITNESS ROOM A 203 Classes	5:45 AM - Strength Foundations - Trin	7 AM - Gentle Morning Yoga Flow - Barb	5:45 AM - Strength Foundations - Trin	7 AM - Gentle Morning Yoga Flow - Barb	7 AM - Strength Split Training - Trin	9 AM SHiNE Dance Fitness - Tiffany & Lauren (N/A: 7/11)	
	9 AM - 45 MINUTE HIIT - 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: 7/10)	11 AM - Tone & Sculpt - Brenda	
	10:30 AM - Fit & Play for Two - Danielle (N/A: 7/6)	9 AM - Chair Yoga - Barb	11 AM - Interval Circuit Training - Brenda	9 AM - Chair Yoga - Barb	4 PM - Yoga Sculpt - Kathia (N/A: 7/3, 7/10, 7/17)		
	6 PM - Zumba - Danielle	5:30 PM - Interval Circuit Training - Brenda	5:30 PM - Tone & Sculpt - Brenda	5:45 PM SHiNE & UPLIFT - Tiffany & Lauren	5:30 PM - Interval Circuit Training - Brenda (N/A: 7/31)		
Group Fitness Room B 205 Classes	8 AM - Yoga Flow - Cathy	6 AM - Mat Pilates - Ciarra	9:30 AM - SPIN - Brenda	9 AM - SPIN - Brenda	9:30 AM - 45 MINUTE HIIT - Danielle	**8:10 AM - Zumba - Danielle	
	5:15 PM - Mat Pilates - Ciarra	10 AM - Zumba - Danielle (N/A: 7/07)	6 PM - Zumba - Danielle	5:30 PM SPIN - Brenda	10:30 AM - Zumba - Danielle	9:30 AM - SPIN - Brenda	
		11:15 AM - 45 MINUTE HIIT - Danielle (N/A: 7/07)			5 PM - Cycling - Kathia (N/A: 7/3, 7/10, 7/17)		
		5:45 PM SHiNE Dance Fitness - Tiffany & Lauren					
POOL		8 AM Splash & Burn - Heather		8 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.