

Group Fitness Class Schedule - March 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 Will Now Open Weekly on Mondays at 11 AM:
- Mar 16 at 11 AM - Mar 23 - Mar 29
Mar 23 at 11 AM - Mar 30 - Apr 5

- 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 3/09/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS ROOM A 203 Classes	9 AM - Zumba - Danielle	7 AM - Gentle Morning Yoga Flow - Barb	9:15 AM SHINE & UPLIFT - Tiffany & Lauren	7 AM - Gentle Morning Yoga Flow - Barb	9:15 AM SHiNE Dance Fitness - Tiffany & Lauren	9 AM SHiNE Dance Fitness - Tiffany & Lauren (N/A: 3/21)	
	10:15 AM - 45 MINUTE HIIT - Danielle	8 AM - Senior Cardio Strength - Barb	11 AM - Interval Circuit Training - Brenda	8 AM - Senior Cardio Strength - Barb	5:30 PM - Interval Circuit Training - Brenda	11 AM - Tone & Sculpt - Brenda (N/A: 3/21)	
	6 PM - Zumba - Danielle	9 AM - Chair Yoga - Barb	5:30 PM - Tone & Sculpt - Brenda	9 AM - Chair Yoga - Barb			
		5:30 PM - Interval Circuit Training - Brenda		5:45 PM SHINE & UPLIFT - Tiffany & Lauren			
Group Fitness Room B 205 Classes	8:30 AM - Yoga Flow - Cathy	10 AM - Zumba - Danielle	9:30 AM - SPIN - Brenda	11:30 AM - SPIN - Brenda	9:30 AM - 45 MINUTE HIIT - Danielle	**8:10 AM - Zumba - Danielle (N/A: 3/21)	
	10 AM - Beginner Mat Pilates Virtual Instructor	11:15 AM - 45 MINUTE HIIT - Danielle	6 PM - Zumba - Danielle	5:30 PM SPIN - Brenda	10:30 AM - Zumba - Danielle	9:30 AM - SPIN - Brenda (N/A: 3/21)	
		5:45 PM SHiNE Dance Fitness - Tiffany & Lauren		7 PM - Mat Pilates or Yoga Virtual Instructor			
FITNESS LOFT				1 PM - Weight & Cardio Machine Orientation (N/A: 3/26)			

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.**
On Saturday, 3/21, the MARC will be open from 1-6 PM. Morning fitness classes will not be available that day.