

# Group Fitness Class Schedule - May 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:

- Apr 20 at 11 AM - Apr 27 - May 3
- Apr 27 at 11 AM - May 4 - May 10
- May 11 at 11 AM - May 18 - May 24
- May 18 at 11 AM - May 25 - May 31

Fitness on Demand Drop-Ins:

- OVER 2,000 FITNESS VIDEOS
- FIRST COME FIRST SERVE FOR FITNESS VIDEO SELECTION AT 2<sup>ND</sup> 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 4/15/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS ROOM A 203 Classes	9 AM - 45 MINUTE HIIT - 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	
	10 AM - ZUMBA - 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	
	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	9 AM - SPIN - Brenda	9:30 AM - 45 MINUTE HIIT - Danielle	**8:10 AM - Zumba - Danielle	
	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	
		5:45 PM SHiNE Dance Fitness - Tiffany & Lauren					
FITNESS LOFT				1 PM - Weight & Cardio Machine Orientation			

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.