

# 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

|                      | MONDAY                                  | TUESDAY                                                   | WEDNESDAY                                          | THURSDAY                                                                | FRIDAY                                               | SATURDAY                                          | SUNDAY                     |
|----------------------|-----------------------------------------|-----------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------|----------------------------|
| GROUP FITNESS ROOM A | 9 AM - ZUMBA<br>- Danielle              | 8 AM - Senior Cardio<br>Strength - Barb                   | 9:15 AM<br>SHiNE & UPLIFT<br>- Tiffany & Lauren    | 8 AM - Senior Cardio<br>Strength - Barb                                 | 9:15 AM<br>SHiNE Dance Fitness<br>- Tiffany & Lauren | 9 AM<br>SHiNE Dance Fitness<br>- Tiffany & Lauren | 10:30 AM - ZUMBA<br>- Lori |
|                      | 10:10 AM - 20 MINUTE<br>HIIT - Danielle | 9 AM - Chair Yoga<br>- Barb                               | 11 AM - Interval<br>Circuit Training - Brenda      | 9 AM - Chair Yoga<br>- Barb                                             | 5:30 PM - Interval Circuit<br>Training - Brenda      | 11 AM - Body Weight<br>Tone & Sculpt - Brenda     |                            |
|                      | 6 PM - ZUMBA<br>- Danielle              | 5:30 PM - Interval<br>Circuit Training<br>- Brenda        | 5:30 PM - Body Weight<br>Tone & Sculpt<br>- Brenda | 5:45 PM<br>SHiNE & UPLIFT<br>- Tiffany & Lauren<br>Aug 14 - UPLIFT ONLY |                                                      |                                                   |                            |
|                      |                                         | 7 PM - ZUMBA<br>-Mauricio                                 | 7 PM - ZUMBA STEP<br>-Mauricio<br>(N/A: 8/27)      | 7 PM - ZUMBA<br>-Mauricio<br>(N/A: 8/28)                                |                                                      |                                                   |                            |
| GROUP FITNESS ROOM B |                                         | 10 AM - ZUMBA<br>- Danielle                               | 9:30 AM - SPIN<br>- Brenda                         | 10 AM - ZUMBA<br>- Danielle                                             | 10 AM - 20 MINUTE HIIT<br>- Danielle<br>(N/A: 8/29)  | **8:10 AM - ZUMBA<br>- Danielle<br>(N/A: 8/30)    |                            |
|                      |                                         | 11:10 AM - 20 MINUTE<br>HIIT - Danielle                   | 11 AM - ZUMBA<br>- Danielle                        | 11:30 AM - SPIN<br>- Brenda                                             | 10:30 AM - ZUMBA<br>- Danielle                       | 9:30 AM - SPIN<br>- Brenda                        |                            |
|                      |                                         |                                                           | 5:30 PM - 20 MINUTE HIIT<br>- Danielle             |                                                                         |                                                      |                                                   |                            |
|                      |                                         | 5:45 PM<br>SHiNE Dance Fitness<br>- Tiffany & Lauren      | 6 PM - ZUMBA<br>- Danielle                         | 5:30 PM SPIN<br>- Brenda                                                |                                                      |                                                   |                            |
| FITNESS LOFT         |                                         | 10 AM FITSTART:<br>Weight & Cardio<br>Machine Orientation |                                                    | 10 AM FITSTART:<br>Weight & Cardio<br>Machine Orientation               |                                                      |                                                   |                            |
| POOL                 |                                         | 9 AM Splash & Burn<br>- Heather<br>(N/A: 8/26)            |                                                    | 9 AM Splash & Burn<br>- Heather<br>(N/A: 8/28)                          |                                                      |                                                   |                            |



Scan to Register!

Schedule is Subject to Change  
Last Revised 8/13

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.