

GROUP FITNESS CLASS SCHEDULE JUNE 1-30

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.*



Scan to Register!

Schedule is Subject to Change
Last Revised 6/06

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS ROOM A	9 AM - ZUMBA - Danielle (No Class: June 2)	9 AM Chair Yoga - Barb	8 AM - ZUMBA - Danielle (No Class: June 4)	9 AM Chair Yoga - Barb	7:30 AM - 20 MINUTE HIIT - Danielle (No Class: June 6)	9 AM SHiNE Dance Fitness - Tiffany & Lauren	
	10:10 AM - 20 MINUTE HIIT - Danielle (No Class: June 2)	5:30 PM - 20 Sec Interval Circuit Training - Brenda	9:15 AM SHiNE & UPLIFT - Tiffany & Lauren	5:45 PM SHiNE & UPLIFT - Tiffany & Lauren	8 AM - ZUMBA - Danielle (No Class: June 6)	11:15 AM - Body Weight Tone & Sculpt - Brenda	
	6 PM - ZUMBA - Danielle (No Class: June 2)		11 AM - 20 Sec Interval Circuit Training - Brenda		9:15 AM SHiNE Dance Fitness - Tiffany & Lauren (No Class: June 27)		
			5:30 PM - Body Weight Tone & Sculpt - Brenda		5:30 PM - 20 Sec Interval Circuit Training - Brenda		
GROUP FITNESS ROOM B		10 AM - ZUMBA - Danielle (No Class: June 3)	9:30 AM - SPIN - Brenda	10 AM - ZUMBA - Danielle (No Class: June 5)		**8:10 AM - ZUMBA - Danielle (No Class: June 7)	
		11:10 AM - 20 MINUTE HIIT - Danielle (No Class: June 3)	6 PM - ZUMBA - Danielle (No Class: June 4)	11:30 AM - SPIN - Brenda		9:30 AM - SPIN - Brenda	
		5:45 PM SHiNE Dance Fitness - Tiffany & Lauren		5:30 PM SPIN - Brenda			
FITNESS LOFT		10 AM & 1 PM MARC FITSTART: Weight & Cardio Machine Orientation		10 AM & 1 PM MARC FITSTART: Weight & Cardio Machine Orientation			
POOL		9 AM Splash & Burn - Heather		9 AM Splash & Burn - Heather			

****The MARC opens at 8:00 AM on Saturdays; please plan accordingly for the 8:10AM Zumba class.**