

TRC GROUP EXERCISE SCHEDULE

FEBRUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVE ADULT						
8:15 a.m.			GE Chair Yoga 30 min Julie B (50)			
9 a.m.	GE Silver Sneakers Classic Diane (50)		GE Silver Sneakers Classic Diane (50)			
9:30 a.m.					GE Senior Total Body Conditioning Julia B (50)	
10 a.m.				GES On The Move Diane/Julia J (24)		
CYCLE						
6 a.m.		CTC Cycle 45 min Shalyn (15)		CTC Cycle 45 min Terry (15)		
8:15 a.m.						CTC Cycle Julia/Staff (15)
9 a.m.	CTC Cycle NEW Holly (15)		CTC Cycle NEW Holly (15)			
6 p.m.	CTC Cycle Terry (15)	CTC Cycle Beth (15)		CTC Cycle Terry (15)		
FITNESS FLOOR						
8:30 a.m.	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	
GROUP EXERCISE						
9 a.m.		GES Ultimate Conditioning Rayn/Julia J (24)		GES Total Body Plus Julia J (24)		
9:30 a.m.	GES Cardio Sculpt Heather (24)		GES Step II Jackie (22)		GES Cardio Sculpt Roberta (24)	GES TABATA 40/30/20 Rayn/Roberta (22)
10:30 a.m.			GES Body Defined Julie B (24)		DS Beyond Barre Express 30 min Heather (14)	GES Beyond Barre Rayn/Heather (24)
4:30 p.m.	GES f-AB-ulous CORE Roberta (24)	GES HIIT Roberta (22)	GES f-AB-ulous CORE Roberta (24)	GES HIIT Roberta (22)		
5:30 p.m.		DS Beyond Barre Monique (14) GES Pump It Up Roberta (22)	GES Cardio/Strength Circuit Rayn (22)	GES Pump It Up Roberta (22)		
6:30 p.m.		GES PIYO Maryam (24)		GES PIYO Maryam (24)		
MIND/BODY						
8:15 a.m.	GES Gental Yoga Loisann (24)		GES Yoga Loisann (24)		GES Yoga Loisann (24)	GES Yoga Patience (24)
9:30 a.m.			DS Pilates II Jill (14)			
10 a.m.		GES Pilates Jackie (24)				
7 p.m.	GES Challenge Yoga Courtney (24)		GES Challenge Yoga Courtney (24)			
ZUMBA						
9 a.m.		GE Zumba® Christina (125)		GE Zumba® Christina (125)		
11 a.m.						GE Zumba® Laura (125)
6 p.m.	GW Zumba® Maria (125)			GW Zumba® Alicia (125)	GES Zumba® Denise/Katherine (24)	
8 p.m.	GW Zumba® Toning Laura (125)	GW Zumba® Denise (125)	GES Zumba® Traci (24)			



www.chandleraz.gov/tumbleweed

STUDIO LEGEND

- DS Dance Studio
- GES Group Exercise Studio
- GE East Gymnasium
- CTC Chandler Tennis Center
- FF Fitness Floor
- GW West Gymnasium

Class maximums are listed in () next to instructor name.
Please arrive a few minutes early to class start time to set up for class.
Class schedule is subject to change depending on instructor availability and attendance.

Mayor Jay Tibshraeny and the Chandler City Council

TRC will observe holiday hours (7 a.m.-5 p.m.) on Monday, February 15. On this date there will be no evening group exercise classes.

CLASS DESCRIPTIONS

All classes are 55 minutes, unless noted (30 minutes or 45 minutes)

Active Adults On The Move

This class combines light to moderate low impact aerobics (standing cardio) with some strength and balance training (light resistance equipment) to improve the ability to enjoy daily activities with confidence and ease. This class is designed for those Active Adults who have been exercising regularly and want to add a fun new challenge to their current fitness program.

Beyond Barre

This barre class utilizes high repetitions of small controlled movements with light weights to tone and sculpt the muscles. Standing leg work sculpts the lower body and Pilates mat work is incorporated to strengthen and tone the core muscles. You do not have to be a dancer to appreciate barre training.

Body Defined

A non-aerobic muscle sculpting class, designed to shape and tone your entire body using a variety of exercise equipment; (Resist-a-balls, weights & bands), while challenging all major muscle groups.

Cardio/Strength Circuit

Looking for a full-body workout? Then this is the class for you! This class concentrates on longer cardiovascular components interspaced with one-minute intervals for resistance challenges. Will involve upper and/or lower body work during the sculpting portion of the class using various equipment.

Cardio Sculpt

Looking for a new challenge? Then this is the class for you! This class integrates cardio, strength, and plyometrics into each workout. Exercises and circuits vary weekly to keep things fresh and challenging. The intensity will keep you wanting to come back for more.

Chair Yoga

30 MINUTE class that focuses on providing whole body and mind well-being. Just as in a traditional yoga class you will be doing poses that will strengthen your muscles and bones, encourage spinal mobility, and improve joint flexibility while using the assistance of a chair. Each class will end with a time of relaxation.

Challenge Yoga

A fitness based workout incorporating sun salutations, basic yoga poses with advanced postures & upbeat modern music. This class can be modified for the beginner as well as the established yogi. Bring a gym towel, water & a great attitude!

Circuit Express

If you are short on time or just need that extra push to get you working out again, then this class is for you! This class is designed to get you a cardiovascular & muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun & motivating music. (Fitness Floor)

Cycle

Group cycling is a fun exhilarating way to burn fat, increase strength & improve cardio fitness. If you can ride a bike you can participate in a Cycle class. Each ride is different than the last journey through hills, flats & mountains. Classes accommodate all levels. Water bottles are mandatory! Limited # of bikes available.

f-AB-ulous CORE

More than just abdominal work, this class will focus on training the muscles that stabilize the spine & pelvis using a variety of equipment & your own body weight. This class combination of strength, balance, agility & flexibility will challenge you & strengthen your CORE!

Gentle Yoga

Ideal for anyone new to yoga or just needing a more gentle practice. It's calming, yet exhilarating yoga sequence's linking breath and movement designed to help build strength, increase flexibility & improve balance. Be prepared to let go & move without judgment or competition. Traditional Yoga playlist. All levels welcome.

HIIT

Take your fitness to another level with HIIT (High Intensity Interval Training). This fat blasting interval training workout combines body weight exercises, plyometrics and a variety of equipment to rev up your metabolism and strengthen your muscles. HIIT uses varied work/rest intervals for a fat burning total body workout.

Pilates

This class will restore & develop core strength & stability through mat-based exercises that emphasize proper body alignment & movement awareness. Consistent attendance is encouraged.

Pilates II

This intermediate/advanced Pilates mat workout has been designed for those who have been practicing the classical Pilates order. Props such as the magic circle, ball, bands, and ballet barre will be used to challenge your core as well as lengthen and strengthen your muscles. Previous Pilates experience recommended.

PiYo Strength

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll even improve your balance and core power. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique. Come take a class to define exactly how you want to look—and feel!

Step II

A low-to-moderate impact aerobics using the Step. Intermediate choreographed patterns are broken down for power & optional moves suggested for intermediate to advanced steppers. Previous step experience is highly recommended.

Senior Total Body Conditioning

This class specializes in increasing strength & endurance to improve functional use in everyday activities. A fitness & healthy aging program designed to help you achieve better health through regular exercise. The Senior Strength format is a combination of aerobic, flexibility and resistance (strength) training.

SilverSneakers® - Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

TABATA 40/30/20

This class utilizes high intensity interval training that is extremely time efficient for maximum fat and calorie burning. Using progressive simple movements/exercises participants will work 'HARD' for 40 seconds, with a 20-second rest, work 'HARDER' for 30 seconds with a 15-second rest, then work 'HARDEST' for 20 seconds with a 10-second rest. Then move on to the next exercise. Easy to follow format with the option to work at your own level.

Tabata Strength

This non-stop weights class will challenge your muscles with strength intervals and core work while providing a cardiovascular focus through continuous movement and varied routines/equipment. Tabata training increases your metabolism both during and after the workout, resulting in a greater calorie expenditure and fat burn.

Ultimate Conditioning

Get it ALL in this cardio interval class designed to bump up your aerobic fitness. Recovery intervals of strength and conditioning will be sprinkled in to strengthen muscles. Lose weight, build endurance, improve aerobic capacity, gain strength and feel better in this stimulating, high energy class that will give you the ultimate in total fitness conditioning!

Yoga

Enjoy an energetic flow class linking breath & movement through a creative, flowing sequence developing strength, balance, flexibility & endurance. In this Vinyasa style flow class there is a great sense of fluidity & opening, with the focus on awareness as well as alignment. Practitioners of all levels will discover the power of moving with intention and grace. Music is typically incorporated & playlists vary. All levels welcome. Yoga sticky mats provided.

Zumba®

This 55 minute class incorporates footwork and body movements from Salsa, Flamenco, Samba and Reggaeton dances all while providing a fun and effective cardio class.

Zumba® Toning

When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast.

For questions regarding Group Exercise contact Vickie Lang 480-782-2907 or vickie.lang@chandleraz.gov

TUMBLEWEED RECREATION CENTER FACILITY HOURS

Monday - Friday	5 a.m.-10 p.m.
Saturday	7 a.m.-8 p.m.
Sunday	10 a.m.-6:30 p.m.



@ChandlerRec



Chandler Recreation



TumbleweedRec

Tumbleweed Recreation Center • 745 E. Germann Rd. • 85286 • 480-782-2900

www.chandleraz.gov/tumbleweed

TRC GROUP EXERCISE SCHEDULE

Mayor Jay Tibshraeny and the Chandler City Council

FEBRUARY

www.chandleraz.gov/tumbleweed

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVE ADULT						
8:15 a.m.			GE Chair Yoga • 30 min Julie B (50)			
9 a.m.	GE Silver Sneakers Classic Diane (50)		GE Silver Sneakers Classic Diane (50)			
9:30 a.m.					GE Senior Total Body Conditioning • Julia B (50)	
10 a.m.				GES On The Move Diane/Julia J (24)		
CYCLE						
6 a.m.		CTC Cycle 45 min • Shalyn (15)		CTC Cycle 45 min • Terry (15)		
8:15 a.m.						CTC Cycle • Julia/Staff (15)
9 a.m.	CTC Cycle • Holly (15) NEW		CTC Cycle • Holly (15) NEW			
6 p.m.	CTC Cycle • Terry (15)	CTC Cycle • Beth (15)		CTC Cycle • Terry (15)		
FITNESS FLOOR						
8:30 a.m.	FF Circuit Express • 30 min	FF Circuit Express • 30 min	FF Circuit Express • 30 min	FF Circuit Express • 30 min	FF Circuit Express • 30 min	
GROUP EXERCISE						
9 a.m.		GES Ultimate Conditioning Rayn/Julia J (24)		GES Total Body Plus Julia J (24)		
9:30 a.m.	GES Cardio Sculpt • Heather (24)		GES Step II • Jackie (22)		GES Cardio Sculpt Roberta (24)	GES TABATA 40/30/20 Rayn/Roberta (22)
10:30 a.m.			GES Body Defined • Julie B (24)		DS Beyond Barre Express 30 min • Heather (14)	GES Beyond Barre Rayn/Heather (24)
4:30 p.m.	GES f-AB-ulous CORE • Roberta (24)	GES HIIT • Roberta (22)	GES f-AB-ulous CORE • Roberta (24)	GES HIIT • Roberta (22)		
5:30 p.m.		DS Beyond Barre • Monique (14) GES Pump It Up • Roberta (22)	GES Cardio/Strength Circuit Rayn (22)	GES Pump It Up Roberta (22)		
6:30 p.m.		GES PIYO • Maryam (24)		GES PIYO • Maryam (24)		
MIND/BODY						
8:15 a.m.	GES Gental Yoga • Loisann (24)		GES Yoga • Loisann (24)		GES Yoga • Loisann (24)	GES Yoga • Patience (24)
9:30 a.m.			DS Pilates II • Jill (14)			
10 a.m.		GES Pilates • Jackie (24)				
7 p.m.	GES Challenge Yoga • Courtney (24)		GES Challenge Yoga • Courtney (24)			
ZUMBA						
9 a.m.		GE Zumba® • Christina (125)		GE Zumba® • Christina (125)		
11 a.m.						GE Zumba® • Laura (125)
6 p.m.	GW Zumba® • Maria (125)			GW Zumba® • Alicia (125)	GES Zumba® Denise/Katherine (24)	
8 p.m.	GW Zumba® Toning • Laura (125)	GW Zumba® • Denise (125)	GES Zumba® • Traci (24)			

Class maximums are listed in () next to instructor name.
Please arrive a few minutes early to class start time to set up for class.

Class schedule is subject to change depending on instructor availability and attendance.

TRC will observe holiday hours (7 a.m.-5 p.m.) on Monday, February 15. On this date there will be no evening group exercise classes.

STUDIO LEGEND

DS Dance Studio
FF Fitness Floor
GE East Gymnasium
CTC Chandler Tennis Center
GES Group Exercise Studio
GW West Gymnasium



CLASS DESCRIPTIONS

All classes are 55 minutes, unless noted (30 minutes or 45 minutes)

Active Adults On The Move

This class combines light to moderate low impact aerobics (standing cardio) with some strength and balance training (light resistance equipment) to improve the ability to enjoy daily activities with confidence and ease. This class is designed for those Active Adults who have been exercising regularly and want to add a fun new challenge to their current fitness program.

Beyond Barre

This barre class utilizes high repetitions of small controlled movements with light weights to tone and sculpt the muscles. Standing leg work sculpts the lower body and Pilates mat work is incorporated to strengthen and tone the core muscles. You do not have to be a dancer to appreciate barre training.

Body Defined

A non-aerobic muscle sculpting class, designed to shape and tone your entire body using a variety of exercise equipment; (Resist-a-balls, weights & bands), while challenging all major muscle groups.

Cardio/Strength Circuit

Looking for a full-body workout? Then this is the class for you! This class concentrates on longer cardiovascular components interspaced with one-minute intervals for resistance challenges. Will involve upper and/or lower body work during the sculpting portion of the class using various equipment.

Cardio Sculpt

Looking for a new challenge? Then this is the class for you! This class integrates cardio, strength, and plyometrics into each workout. Exercises and circuits vary weekly to keep things fresh and challenging. The intensity will keep you wanting to come back for more.

Chair Yoga

30 MINUTE class that focuses on providing whole body and mind well-being. Just as in a traditional yoga class you will be doing poses that will strengthen your muscles and bones, encourage spinal mobility, and improve joint flexibility while using the assistance of a chair. Each class will end with a time of relaxation.

Challenge Yoga

A fitness based workout incorporating sun salutations, basic yoga poses with advanced postures & upbeat modern music. This class can be modified for the beginner as well as the established yogi. Bring a gym towel, water & a great attitude!

Circuit Express

If you are short on time or just need that extra push to get you working out again, then this class is for you! This class is designed to get you a cardiovascular & muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun & motivating music. (Fitness Floor)

Cycle

Group cycling is a fun exhilarating way to burn fat, increase strength & improve cardio fitness. If you can ride a bike you can participate in a Cycle class. Each ride is different than the last journey through hills, flats & mountains. Classes accommodate all levels. Water bottles are mandatory! Limited # of bikes available.

f-AB-ulous CORE

More than just abdominal work, this class will focus on training the muscles that stabilize the spine & pelvis using a variety of equipment a & your own body weight. This class combination of strength, balance, agility & flexibility will challenge you & strengthen your CORE!

Gentle Yoga

Ideal for anyone new to yoga or just needing a more gentle practice. It's calming, yet exhilarating yoga sequence's linking breath and movement designed to help build strength, increase flexibility & improve balance. Be prepared to let go & move without judgment or competition. Traditional Yoga playlist. All levels welcome.

HIIT

Take your fitness to another level with HIIT (High Intensity Interval Training). This fat blasting interval training workout combines body weight exercises, plyometrics and a variety of equipment to rev up your metabolism and strengthen your muscles. HIIT uses varied work/rest intervals for a fat burning total body workout.

Pilates

This class will restore & develop core strength & stability through mat-based exercises that emphasize proper body alignment & movement awareness. Consistent attendance is encouraged.

Pilates II

This intermediate/advanced Pilates mat workout has been designed for those who have been practicing the classical Pilates order. Props such as the magic circle, ball, bands, and ballet barre will be used to challenge your core as well as lengthen and strengthen your muscles. Previous Pilates experience recommended.

PiYo Strength

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll even improve your balance and core power. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique. Come take a class to define exactly how you want to look—and feel!

Step II

A low-to-moderate impact aerobics using the Step. Intermediate choreographed patterns are broken down for power & optional moves suggested for intermediate to advanced steppers. Previous step experience is highly recommended.

Senior Total Body Conditioning

This class specializes in increasing strength & endurance to improve functional use in everyday activities. A fitness & healthy aging program designed to help you achieve better health through regular exercise. The Senior Strength format is a combination of aerobic, flexibility and resistance (strength) training.

SilverSneakers® - Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

TABATA 40/30/20

This class utilizes high intensity interval training that is extremely time efficient for maximum fat and calorie burning. Using progressive simple movements/exercises participants will work 'HARD' for 40 seconds, with a 20-second rest, work 'HARDER' for 30 seconds with a 15-second rest, then work 'HARDEST' for 20 seconds with a 10-second rest. Then move on to the next exercise. Easy to follow format with the option to work at your own level.

Tabata Strength

This non-stop weights class will challenge your muscles with strength intervals and core work while providing a cardiovascular focus through continuous movement and varied routines/equipment. Tabata training increases your metabolism both during and after the workout, resulting in a greater calorie expenditure and fat burn.

Ultimate Conditioning

Get it ALL in this cardio interval class designed to bump up your aerobic fitness. Recovery intervals of strength and conditioning will be sprinkled in to strengthen muscles. Lose weight, build endurance, improve aerobic capacity, gain strength and feel better in this stimulating, high energy class that will give you the ultimate in total fitness conditioning!

Yoga

Enjoy an energetic flow class linking breath & movement through a creative, flowing sequence developing strength, balance, flexibility & endurance. In this Vinyasa style flow class there is a great sense of fluidity & opening, with the focus on awareness as well as alignment. Practitioners of all levels will discover the power of moving with intention and grace. Music is typically incorporated & playlists vary. All levels welcome. Yoga sticky mats provided.

Zumba®

This 55 minute class incorporates footwork and body movements from Salsa, Flamenco, Samba and Reggaeton dances all while providing a fun and effective cardio class.

Zumba® Toning

When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast.

TUMBLEWEED RECREATION CENTER FACILITY HOURS

Monday - Friday 5 a.m.-10 p.m.
Saturday 7 a.m.-8 p.m.
Sunday 10 a.m.-6:30 p.m.

For questions regarding Group Exercise contact Vickie Lang 480-782-2907 or vickie.lang@chandleraz.gov



@ChandlerRec



Chandler Recreation



TumbleweedRec

Tumbleweed Recreation Center • 745 E. Germann Rd. • 85286 • 480-782-2900

www.chandleraz.gov/tumbleweed