

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC
745 E. Germann Road
Nicole Fredrickson
480-782-2668
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i Participants are required to make advanced reservations for all Group Exercise Classes.

Make reservations at:
chandleraz.gov/registration
or
chandleraz.gov/groupexercise

\$ All program/class fees are paid during the registration process.

NEW **i** New Class or Time

i Easter Holiday Observed
TRC CLOSED April 20

Canceling your Reservation: If you cannot keep your reservation, please call 480-782-2900 to cancel. At this time, you cannot cancel online.

DISCOVER. IMAGINE. GROW.
with Chandler Recreation

April 2025

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
APRIL STRESS AWARENESS MONTH		6:30-7:15 a.m. Challenge Yoga Sarah GXA				
	8:15-9 a.m. Gentle Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Challenge Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Christina GXA	8:15-9 a.m. Yoga-Pilates Terri GXA	8:15-9:00 a.m. Challenge Yoga Loisann GXA
	8:30-9:15 a.m. Silver Circuit Claudia GYM	8:30-9:15 a.m. Silver Classic Heather GYM	8:30-9:15 a.m. Silver Circuit Heather GYM	8:30-9:15 a.m. Silver Classic Terri GYM	8:30-9:15 a.m. Silver Circuit Claudia GYM	
	9:15-10 a.m. Dance Fitness Christina GXA	9:30-10:15 a.m. High/Low Alissa GXA	9:15-10:00 a.m. Strictly Strength Sarah B. GXA	9:30-10:15 a.m. High/Low Alissa GXA	9:15-10 a.m. Strictly Strength Roberta GXA	10 - 10:45 a.m. Strictly Strength Roberta GXA
11:00-11:45 a.m. Zumba Maria GXA	10:30-11:15 a.m. Active Adults on the Move Susan GXA	10:30-11:15 a.m. Beyond Barre Alissa GXA	10:30-11:15 a.m. Active Adults on the Move Heather GXA	10:30-11:15 a.m. Beyond Barre Terri GXA	10:30-11:15 a.m. Active Adults on the Move Roberta GXA	10:45-11:30 a.m. Zumba Melanie GYM
12:30-1:15 p.m. Vinyasa Yoga Flow Sarah GXA	4:30-5:15 p.m. High/Low Susan GXA	10:30-11:15 a.m. Zumba Gold Laura DANCE RM	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura DANCE		
	5:30-6:15 p.m. Vinyasa Yoga Flow Loisann GXA	5-5:45 p.m. Power Strength Terri GXA	5:30-6:15 p.m. Strictly Strength Melanie GXA	5-5:45 p.m. Power Strength Heather GXA		
		6:00 -6:45 p.m. Beyond Barre Claudia GXA	6:15-7:00 p.m. Zumba Laura GYM	6:00 -6:45 p.m. Beyond Barre Claudia GXA	6:00 - 6:45 p.m. Dance Fitness Brenda GXA	
	6:30-7:15 p.m. Zumba Toning Laura GYM	6:00 -6:45 p.m. XTREME Hip Hop Step NEW Shara GXB	6:30-7:15 p.m. Gentle Yoga Marti GXA			

Times and instructors are subject to change.

Group Exercise A (GXA): Max 24 participants
Dance Room: Max 14 participants
East Gymnasium (GYM): Max 50 participants