

# GROUP FITNESS at TRC

**Tumbleweed Recreation Center | TRC**  
 745 E. Germann Road  
**Nicole Fredrickson**  
 480-782-2668  
 Nicole.Fredrickson@chandleraz.gov

**i** Participants are required to make advanced reservations for all Group Exercise Classes.

Make reservations at: [chandleraz.gov/registration](http://chandleraz.gov/registration) or [chandleraz.gov/tumbleweed](http://chandleraz.gov/tumbleweed)

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

**CHANDLER REC** Virtual programs are taken online. See registration receipt for complete details

**NEW** New Class or Time

**i** **Holiday Hours**  
 7 a.m.-5 p.m. 12/24 & 12/31  
 Closed on Christmas Day 12/25 and 1/1 New Years

**Canceling your Reservation:** In fairness to all patrons, 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

# December 2024

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
		<b>6:30-7:15 a.m. Challenge Yoga</b> Sarah   GXA				
	<b>8:15-9 a.m. Gentle Yoga</b> Sarah   GXA	<b>8:30-9:15 a.m. Functional Strength</b> Susan   GXA	<b>8:15-9 a.m. Challenge Yoga</b> Sarah   GXA	<b>8:30-9:15 a.m. Functional Strength</b> Christina I.   GXA	<b>8:15-9 a.m. Yoga-Pilates</b> Terri   GXA	<b>8:15-9:15 a.m. Challenge Yoga</b> Loisann   GXA
	<b>8:30-9:15 a.m. Silver Circuit</b> Claudia   GYM	<b>8:30-9:15 a.m. Silver Classic</b> Heather   GYM	<b>8:30-9:15 a.m. Silver Circuit</b> Heather   GYM	<b>8:30-9:15 a.m. Silver Classic</b> Terri   GYM	<b>8:30-9:15 a.m. Silver Circuit</b> Claudia   GYM	
	<b>9:15-10 a.m. Dance Fitness</b> Christina I.   GXA	<b>9:30-10:15 a.m. High/Low</b> Allissa   GXA	<b>9:15-10:00 a.m. Strictly Strength</b> Sarah B.   GXA	<b>9:30-10:15 a.m. High/Low</b> Allissa   GXA	<b>9:15-10 a.m. Strictly Strength</b> Roberta   GXA	<b>10 - 10:45 a.m. Strictly Strength</b> Roberta   GXA
<b>11:00-11:45 a.m. Zumba</b> Maria   GXA	<b>10:30-11:15 a.m. Active Adults on the Move</b> Susan   GXA	<b>10:30-11:15 a.m. Tabata Strength</b> Heather/Susan   GXA <b>NEW</b>	<b>10:30-11:15 a.m. Active Adults on the Move</b> Heather   GXA	<b>10:30-11:15 a.m. Strictly Strength</b> Terri   GXA	<b>10:30-11:15 a.m. Active Adults on the Move</b> Roberta   GXA	<b>10:45-11:30 a.m. Zumba</b> Melanie   GYM
<b>12:30-1:30 p.m. Vinyasa Yoga Flow</b> Sarah   GXA	<b>4:30-5:15 p.m. High/Low</b> Meredith   GXA	<b>5-5:45 p.m. Power Strength</b> Heather/Terri   GXA	<b>4:30-5:15 p.m. High/Low</b> Meredith   GXA	<b>5-5:45 p.m. Power Strength</b> Heather   GXA		<b>Jingle Bell Zumba</b> <b>12/22 @ 11 a.m. w/Maria in GXA</b>
	<b>5:30-6:15 p.m. Vinyasa Yoga Flow</b> Loisann   GXA	<b>6:00 -6:45 p.m. Beyond Barre</b> Monique   GXB	<b>5:30-6:30 p.m. XTREME Hip Hop Step</b> Shara   GXA	<b>6:00 - 6:45 p.m. Beyond Barre</b> Claudia   GXB		<b>12/21 @ 10:45 a.m. w/ Melanie &amp; Laura in GYM</b>
	<b>6:30-7:15 p.m. Zumba Toning</b> Laura   GYM	<b>6:15-7:00 p.m. Zumba</b> Scheyla   GXA	<b>6:15-7:00 p.m. Zumba</b> Laura   GYM	<b>6:15-7 p.m. Zumba</b> Matt   GXA		
			<b>6:30-7:15 p.m. Gentle Yoga</b> Marti   GXA			

Times and instructors are subject to change.

Group Exercise A (GXA): Max 24 participants  
 Group Exercise B (GXB): Max 14 participants  
 East Gymnasium (GYM): Max 50 participants