

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
 or
chandleraz.gov/groupexercise

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

NEW **i** New Class or Time

i **Holiday Hours**
 7 a.m.-5 p.m.
 2/17/2025
 Presidents' Day

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

February 2025

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
		6:30-7:15 a.m. Challenge Yoga Sarah GXA				
GO RED WEEK February 8-14 Wear RED to show your support for the awareness of heart disease	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 I. 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 NEW i	10:30 -11:15 a.m. Zumba Gold Laura Dance NEW i	4:30-5:15 p.m. Cardio Kickbox Melanie GXA NEW i	10:30 -11:15 a.m. Zumba Gold Laura Dance NEW i		GO RED Zumba February 8 10:45 a.m. in the GYM
	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. Dance Fitness Brenda GXA	
	6:30-7:15 p.m. Zumba Toning Laura GYM	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		
			6:30-7:15 p.m. Gentle Yoga 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