

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. 12/24 & 12/31
Closed on Christmas Day 12/25 and 1/1 New Years

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**

January 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				
Believe in Transformation Yoga Event With Sarah	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
1/12/2025 12:30 p.m. in 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 I. 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 NEW i	10:30-11:15 a.m. Active Adults on the Move Heather GXA	10:30-11:15 a.m. Beyond Barre Terri GXA NEW i	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. Cardio Kickbox Melanie GXA NEW i	5-5:45 p.m. Power Strength Terri GXA	4:30-5:15 p.m. High/Low Susan GXA	5-5:45 p.m. Power Strength Heather GXA		
	5:30-6:15 p.m. Vinyasa Yoga Flow Loisann GXA	6:00 -6:45 p.m. Beyond Barre Claudia GXA	5:30-6:15 p.m. Strictly Strength Melanie GXA NEW i	6:00 - 6:45 p.m. Beyond Barre Claudia GXA	6:00 - 6:45 p.m. Dance Fitness Brenda GXA NEW i	
	6:30-7:15 p.m. Zumba Toning Laura GYM		6:15-7:00 p.m. Zumba Laura GYM			
			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