

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/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 **i** New Class or Time

i July 4 - CLOSED

Cancelling 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

July 2024

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
	8:15-9 a.m. Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Christina I. GXA	8:15-9 a.m. Yoga Susan GXA	8:15-9:15 a.m. Yoga Melinda GXA
	8:30-9:15 a.m. Silver Circuit Claudia GYM	8:30-9:15 a.m. Silver Classic Melanie GYM	8:30-9:15 a.m. Silver Circuit Heather GYM	8:30-9:15 a.m. Silver Classic Sephanie GYM	8:30-9:15 a.m. Silver Circuit Claudia GYM	9:30-10:15 a.m. Strictly Strength Heather GXA
	9:15-10 a.m. Dance Fitness Christina I. GXA	9:30-10:15 a.m. High/Low Allissa GXA	9:15-10:00 a.m. Strictly Strength Sarah B. GXA	9:30-10:15 a.m. High/Low Allissa GXA	9:15-10 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 Heather GXA	10:30-11:15 a.m. Strictly Strength Lori GXA	10:30-11:15 a.m. Active Adults on the Move Susan GXA	10:30-11:15 a.m. Strictly Strength Heather GXA	10:30-11:15 a.m. Active Adults on the Move Roberta GXA	10:45-11:30 a.m. Zumba Melanie GYM
12:30-1:30 p.m. Vinyasa Yoga Flow Sarah GXA	4:30-5:15 p.m. High/Low Meredith GXA	5-5:45 p.m. Power Strength Heather GXA	4:30-5:15 p.m. High/Low Meredith GXA	5-5:45 p.m. Power Strength Heather GXA		
	5:30-6:15 p.m. Yoga Susan GXA	6:00 -6:45 p.m. Beyond Barre Monique GXB	5:30-6:30 p.m. XTREME Hip Hop Step Shara GXA	6:00 - 6:45 p.m. Beyond Barre Claudia GXB		
	6:30-7:15 p.m. Zumba Toning Laura GYM	6:15-7:00 p.m. Zumba Scheyla GXA	6:15-7:00 p.m. Zumba Laura GYM	6:15-7 p.m. Zumba Matt GXA	6:00-6:45 p.m. MixedFit Carlyn GXA	
			6:30-7:15 p.m. 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