



Welcome to the Tumbleweed Recreation Center!

The Fitness area offers a variety of cardiovascular equipment and strength training equipment. In addition, an indoor track, racquetball courts and exercise and dance studio are available for use during business hours.

It is recommended for adult guests to attend a free fitness orientation provided by the TRC Fitness Floor staff. Regularly scheduled orientations are available for sign-up as well as walk-in appointments are welcome. Adult orientations are optional.

Guests between the ages of 13 –17 are required to attend a Teen Fitness Orientation and have a waiver signed by their parent/guardian before using the fitness area. Teens may register for this free orientation at the front desk. Upon completion, when teens check-in they will receive a wristband that will identify whether or not they have completed the proper fitness training. This teen orientation wristband will be required whenever the teen participates on the fitness floor.

Dress code: Street attire is not permitted (i.e.; jeans, flannel shirts, corduroy shirts or shorts, boots, sandals, flip flops, etc.) Shirts and shoes must be worn at all times (full coverage of the torso and midsection must be covered for both men and women). The Tumbleweed Recreation Center reserves the right to determine what constitutes street attire.

Only bottled water and sports drinks are permitted in the fitness area. Please no food or beverages other than bottled water and sport drinks.

Please be courteous to other fitness users and use the Gym Wipes provided to wipe down weight and/or cardio equipment after use.

Youth under the age of 13 are allowed in the fitness area only when they are registered for a youth fitness class or if they are in the racquetball court or attending a group exercise class with a parent or guardian.

Personal items including gym bags must be stored in the appropriate area. Lockers are available in the upstairs locker rooms for your convenience and security.

Group Exercise Studios

Tumbleweed Fitness Center includes a dance and exercise studio where a variety of group exercise classes are offered. If no class is scheduled, the room may be used for stretching or individual exercise routines

Fitness area attire is required in the group exercise room. Please be sure to wear non-marking athletic shoes.

Please be courteous and turn off cell phones prior to entering the room.

Class space is limited so be sure to arrive on time for group exercises classes.

Return all equipment at the end of class to the appropriate place.

A spray bottle with disinfectant along with paper towels will be provided to wipe down mats after use.

Equipment stored in the group exercise room is to remain in the room. Additional weights, mats and bands are located on the fitness floor for everyday use.

Guests can pick up a copy of the group exercise schedule at the front desk or on-line www.chandleraz.gov/tumbleweed.

Free Weight Area and Cardio Equipment

Please keep free weights in the appropriate area and return to their proper location after use. No dropping of weights, chalk or loud/disruptive noises of any kind.

Please limit use of machines to 30 minutes during peak times. Clipboards with sign-up sheets will be provided if necessary.

Indoor Track

The track measures 10 laps to a mile. The track consists of 2 lanes, which will change direction on a daily basis. A directional sign at the top of the stairs will show the direction for the day. Please check out Family Walk Hours at www.chandleraz.gov/tumbleweed or at guest services.

As a courtesy, walkers are to stay on the inside lane (tan) while joggers remain on the outside lane (red). Please pass on the outside lane. Inside lane is defined as the lane closest to the center of the track.

No standing or stopping on the track. The track is not to be used as an observation desk for activities.

No more than two people may walk side-by-side. When the track is busy, as a courtesy, please discontinue walking side-by-side. There are areas around the track that are available for stretching and core work.

Fitness area policies apply to the indoor track.

Children 12 and under may use the track while being directly supervised by legal parent/guardian during Family Walk Hours. Children must be pass holders in addition to legal parent/guardian supervision.

Strollers may be used during Family Walk Hours only. A stroller cannot exceed the width of a lane and please refrain from walking side-by-side. Hands free, front or back infant carriers are permitted at all times. Family

Racquetball Courts

Pass holders may reserve a racquetball court up to 2-days in advance and for a maximum of one hour. Groups playing singles, doubles or cut-throat are allowed a maximum of one-hour reservations. They may continue play if no reservation or walk-in has requested the court following the one-hour reservation. Reservations can be made by calling the front desk at 480-782-2900.

A 10-minute grace period is allotted to each reservation. If the group does not show, the court will be given to the next group waiting.

Racquetball courts are available for walk-in use on a first come first served basis for up to one-hour per group. If there is no reservation or walk-in immediately following their allotted one-hour court time, they may continue to play.

Dress code: Non-marking athletic shoes only. Shirts must be worn at all times. Protective eyewear is recommended for all patrons.

Patrons ages 13-17 must complete a fitness orientation before utilizing the racquetball courts, unless playing with an adult or if registered for a racquetball class.

Locker Room

Lockers are for day use only. All guests have access to the Digilock System to lock up their belongings while in the facility. Items left over night will be removed and placed in the Lost and Found.

The City of Chandler is not responsible for lost or stolen items. Please be sure to lock your valuables.

Please refrain from using cell phones while in the locker room to help maintain a peaceful and tranquil environment.

Children ages 5 and up must use the locker room/restroom of the appropriate gender. Children under the age of 5 must be directly supervised while in the locker rooms/restrooms.

A family locker room is available for one family to use at a time.