

# TRC GROUP EXERCISE SCHEDULE

# JUNE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ACTIVE ADULT</b>						
8:15 a.m.			GE Chair Yoga 30 min Julie B (50)			
9 a.m.	GE Silver Sneakers Classic Diane (50)		GE Silver Sneakers Classic Julie B (50)		GE Senior Total Body Conditioning Julie B (50)	
10 a.m.				GES On The Move Diane(24)		
<b>CYCLE</b>						
6 a.m.		CTC Cycle 45 min Terry (15)		CTC Cycle 45 min Meredith (15)		
8:15 a.m.						CTC Cycle Loisann (15)
9 a.m.	CTC Cycle Meredith (15)		CTC Cycle Holly (15)			
6 p.m.	CTC Cycle Terry (15)	CTC Cycle Meredith (15)		CTC Cycle Terry (15)		
<b>FITNESS FLOOR</b>						
8:30 a.m.	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	
5:30 p.m.	<b>NEW</b> FF Circuit Express 30 minutes		<b>NEW</b> FF Circuit Express 30 minutes			
<b>GROUP EXERCISE</b>						
9 a.m.		GES Ultimate Conditioning Rayn (24)		GES Total Body Plus Kammy (24)		
9:30 a.m.	GES Cardio Sculpt Heather (24)		GES Step II Roberta (22)		GES Cardio Sculpt Roberta (24)	GES TABATA 40/30/20 Rayn/Heather (22)
10:30 a.m.			GES Body Defined Julie B (24)		GES Beyond Barre Heather (20)	GES Beyond Barre Rayn/Heather (24)
4:30 p.m.	GES f-AB-ulous CORE Roberta (24)	GES HIIT Roberta (22)	GES f-AB-ulous CORE Roberta (24)	GES HIIT Roberta (22)		
5:30 p.m.	GES <b>NEW</b> Hot Hula Fitness Katherine (24)	DS Beyond Barre Monique (14) GES Pump It Up Roberta (22)	GES Cardio/Strength Circuit Rayn (22)	GES Pump It Up Roberta (22)		
6:30 p.m.		GES PiYo Maryam (24)		GES PiYo Maryam (24)		
<b>MIND/BODY</b>						
8:15 a.m.	GES Gentle Yoga Loisann (24)		GES Yoga Loisann (24)		GES Yoga Loisann (24)	GES Yoga Patience (24)
8:45 a.m.			DS Pilates II Jennie (14)			
10 a.m.		GES Pilates Kammy (24)				
7 p.m.	GES Challenge Yoga Ana (24)		GES Challenge Yoga Ana (24)			
<b>ZUMBA</b>						
9 a.m.		GE Zumba® Christina (125)		GE Zumba® Christina (125)		
11 a.m.						GE Zumba® Laura (125)
6 p.m.	GW Zumba® Maria (125)			GW Zumba® Alicia (125)	GES Zumba® Denise/Katherine(24)	
8 p.m.	GW Zumba® Toning Laura (125)	GW Zumba® Denise (125)	GES Zumba® Traci (24)			

[www.chandleraz.gov/tumbleweed](http://www.chandleraz.gov/tumbleweed)

### STUDIO LEGEND

**DS** Dance Studio  
**GES** Group Exercise Studio  
**GE** East Gymnasium  
**CTC** Chandler Tennis Center  
**FF** Fitness Floor  
**GW** West Gymnasium

Class maximums are listed in ( ) next to instructor name.  
 Please arrive a few minutes early to class start time to set up for class.  
 Class schedule is subject to change depending on instructor availability and attendance.

Mayor Jay Tibshraeny and the Chandler City Council

# CLASS DESCRIPTIONS

All classes are 55 minutes, unless noted (30 minutes or 45 minutes)

**Active Adults On The Move:** This class combines light to moderate low impact aerobics (standing cardio) with some strength and balance training (light resistance equipment) to improve the ability to enjoy daily activities with confidence and ease. This class is designed for those Active Adults who have been exercising regularly and want to add a fun new challenge to their current fitness program.

**Beyond Barre:** This barre class utilizes high repetitions of small controlled movements with light weights to tone and sculpt the muscles. Standing leg work sculpts the lower body and Pilates mat work is incorporated to strengthen and tone the core muscles. You do not have to be a dancer to appreciate barre training.

**Body Defined:** A non-aerobic muscle sculpting class, designed to shape and tone your entire body using a variety of exercise equipment (Resist-a-balls, weights & bands), while challenging all major muscle groups.

**Cardio/Strength Circuit:** Looking for a full-body workout? Then this is the class for you! This class concentrates on longer cardiovascular components interspaced with one-minute intervals for resistance challenges. Will involve upper and/or lower body work during the strength portion of the class using various equipment.

**Cardio Sculpt:** Looking for a new challenge? Then this is the class for you! This class integrates cardio, strength, and plyometrics into each workout. Exercises and circuits vary weekly to keep things fresh and challenging. The intensity will keep you wanting to come back for more.

**Chair Yoga:** 30 MINUTE class that focuses on providing whole body and mind well-being. Just as in a traditional yoga class you will be doing poses that will strengthen your muscles and bones, encourage spinal mobility, and improve joint flexibility while using the assistance of a chair. Each class will end with a time of relaxation.

**Challenge Yoga:** A fitness based workout incorporating sun salutations, basic yoga poses with advanced postures & upbeat modern music. This class can be modified for the beginner as well as the established yogi. Bring a gym towel, water & a great attitude!

**Circuit Express:** If you are short on time or just need that extra push to get you working out again, then this class is for you! This class is designed to get you a cardiovascular & muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun & motivating music. (Fitness Floor)

**Cycle:** Group cycling is a fun exhilarating way to burn fat, increase strength & improve cardio fitness. If you can ride a bike you can participate in a Cycle class. Each ride is different, riding through hills, flats & mountains. Classes accommodate all levels. Water bottles are mandatory! Limited # of bikes available.

**f-AB-ulous CORE:** More than just abdominal work, this class will focus on training the muscles that stabilize the spine & pelvis using a variety of equipment & your own body weight. This class combination of strength, balance, agility & flexibility will challenge you & strengthen your CORE!

**Gentle Yoga:** Ideal for anyone new to yoga or just needing a more gentle practice. Its calming, yet exhilarating yoga sequences linking breath and movement designed to help build strength, increase flexibility & improve balance. Be prepared to let go & move without judgment or competition. Traditional Yoga playlist. All levels welcome.

**HIIT:** Take your fitness to another level with HIIT (High Intensity Interval Training). This fat blasting interval training workout combines body weight exercises, plyometrics and a variety of equipment to rev up your metabolism and strengthen your muscles. HIIT uses varied work/rest intervals for a fat burning total body workout.

**Pilates:** This class will restore & develop core strength & stability through mat-based exercises that emphasize proper body alignment & movement awareness. Consistent attendance is encouraged.

**Pilates II:** This intermediate/advanced Pilates mat workout has been designed for those who have been practicing the classical Pilates order. Props such as the magic circle, ball, bands, and ballet barre will be used to challenge your core as well as lengthen and strengthen your muscles. Previous Pilates experience recommended.

**PiYo Strength:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll even improve your balance and core power. We crank up the music, the speed, and the fun to give you an intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique. Come take a class to define exactly how you want to look—and feel!

**Pump it Up:** BOOST your metabolism with this ultimate toning and conditioning class. Challenge all major muscle groups using a variety of strength training equipment designed to sculpt your entire body.

**Step II:** A low-to-moderate impact aerobics using the Step. Intermediate choreographed patterns are broken down for power & optional moves suggested for intermediate to advanced steppers. Previous step experience is highly recommended.

**Senior Total Body Conditioning:** This class specializes in increasing strength & endurance to improve functional use in everyday activities. A fitness & healthy aging program designed to help you achieve better health through regular exercise. The Senior Strength format is a combination of aerobic, flexibility and resistance (strength) training. (East Gymnasium)

**SilverSneakers® – Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**TABATA 40/30/20:** This class utilizes high intensity interval training that is extremely time efficient for maximum fat and calorie burning. Using progressive simple movements/exercises participants will work 'HARD' for 40 seconds, with a 20-second rest, work 'HARDER' for 30 seconds with a 15-second rest, then work 'HARDEST' for 20 seconds with a 10-second rest. Then move on to the next exercise. Easy to follow format with the option to work at your own level.

**Total Body Plus:** Each week you will find new and challenging ways to build & improve strength, function & flexibility using your entire body. You'll use a variety of exercise tools and sometimes no equipment at all! This total body functional training class is a complete unique workout that will help you attain your fitness goals.

**Ultimate Conditioning:** This class focuses on full-body resistance work combined with various cardiovascular training modalities. Lose weight, build endurance, improve aerobic capacity, gain strength and feel better in this stimulating, high energy class that will give you the ultimate in total fitness conditioning!

**Yoga:** Enjoy an energetic flow class linking breath & movement through a creative, flowing sequence developing strength, balance, flexibility & endurance. In this Vinyasa style flow class there is a great sense of fluidity & opening, with the focus on awareness as well as alignment. Practitioners of all levels will discover the power of moving with intention and grace. Music is typically incorporated & playlists vary. All levels welcome. Yoga sticky mats provided.

**Zumba®:** This 55 minute class incorporates footwork and body movements from Salsa, Flamenco, Samba and Reggaeton dances all while providing a fun and effective cardio class.

**Zumba® Toning:** When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast.

For questions regarding Group Exercise contact Julia Johnson 480-782-2918 or [julia.johnson@chandleraz.gov](mailto:julia.johnson@chandleraz.gov)

## TUMBLEWEED RECREATION CENTER FACILITY HOURS

Monday - Friday	5 a.m.-10 p.m.
Saturday	7 a.m.-8 p.m.
Sunday	10 a.m.-6:30 p.m.



@ChandlerRec



Chandler Recreation



TumbleweedRec

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