

JANUARY: TRC GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
8 a.m.	GE Silver Sneakers Circuit* 45 min Diane (50)	GES NEW T'ai-Chi Shay (24)	GE Silver Sneakers Circuit* 45 min Corinne (50)		GE Chair Yoga 45 min Amelia (50)	
8:15 a.m.						CTC Cycle** Loisann (15) GES Yoga Patience (24)
8:30 a.m.	GES Gentle Yoga Deb (24) FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	GES Yoga Michael (24) FF Circuit Express 30 minutes	FF Circuit Express 30 minutes	GES Yoga Deb (24) FF Circuit Express 30 minutes	
9 a.m.	GE Silver Sneakers Classic* Diane (50) CTC Cycle** Meredith (15)	GES CSC Rayn (24) GE Zumba® Christina I. (125)	GE Silver Sneakers Classic* Corinne (50) CTC Cycle** Carole (15)	GES Strictly Strength Rayn (24) GE Zumba® Christina I. (125)	GE Active Adult Cardio Sculpt Carole/Amelia (50)	
9:30 a.m.	GES Cardio Blast 30 min Heather (24)		GES Step It Up 30 min Roberta (24)		GES Cardio Sculpt Heather (24)	GES Strictly Strength Heather (24)
10 a.m.	GES Strictly Strength Heather (24)	GE Silver Sneakers Circuit* 45 min Carole (50) GES Ab Lab 30 min Rayn (24)	GES Strictly Strength Roberta (24)	GES Active Adults On The Move* Diane (24)		
10:30 a.m.					GES Beyond Barre Heather (24)	GES PiYo Caitlin (24)
11 a.m.						GE Zumba® Laura (125)
EVENING CLASSES						
4:30 p.m.	GES Strictly Strength Heather (24)		GES Strictly Strength Holly (24)			
5 p.m.		GES Ab Lab 30 min Holly (24)		GES Ab Lab 30 min Roberta (24)		
5:30 p.m.	GES PiYo Caitlin (24)	GES CSC Holly (24) DS Beyond Barre Monique (14) FF Circuit Express 30 minutes	GES CSC Rayn (24)	GES CSC Roberta (24) FF Circuit Express 30 minutes	 <p>Mayor Jay Tibshraeny and the Chandler City Council</p>	
6 p.m.	CTC Cycle** Anne (15) GW Zumba® Fujiko (125)			CTC Cycle** Terry (15) GW Zumba® Brenda (125)	GES Dance Mash-Up* Laura/ Christina J. (24)	
6:30 p.m.		GES Gentle Yoga Michael/Alison (24)	GES Ab Lab 30 min Rayn (24)	GES Gentle Yoga Susan/Lara (24)		
7 p.m.	GES Challenge Yoga Ana (24)		GES Challenge Yoga Laz (24)			
7:30 p.m.				GES MixedFit® Christina J. (24)		
8 p.m.	GW Zumba® Toning Laura (125)	GW Zumba® Laura (125)	GES Zumba®* Christina J. (24)			
<p>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. Children 8 yrs+ may attend classes when accompanied by a parent for the duration of class. * Sign-in upon checking in at the Guest Service desk. You must reserve your own spot; sign in for friends is not allowed. **Cycle class: Check-in at the Tennis Center and pick up your "Ticket to Ride"</p>				<p>STUDIO LEGEND DS Dance Studio GES Group Exercise Studio GE East Gymnasium CTC Chandler Tennis Center FF Fitness Floor GW West Gymnasium</p> <p>chandleraz.gov/tumbleweed</p>		

TRC will observe holiday hours (7 a.m.-5 p.m.) on Monday, January 15. On this date there will be no evening group exercise classes.

CLASS DESCRIPTIONS

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

Ab Lab: 30 minute abdominal focused program, is for all levels. This class is designed to strengthen the entire CORE musculature, including the lower back safely and effectively, through the use of various core strengthening techniques.

Active Adults On The Move*: This music-driven class combines low impact aerobics with strength and balance training to improve cardiovascular strength, endurance, and coordination. Enjoy this energetic, fun, and motivating class that is guaranteed to get your heart pumping!

Active Adult Cardio Sculpt: Full body workout that combines cardio, strength, and core exercises designed to build strength and endurance. Prepare for an energetic class that is fun, stimulating, and motivates participants to foster a healthy lifestyle through regular exercise.

Beyond Barre: This barre class is a total body sculpting workout incorporating Pilates mat work and ballet barre exercises. Participants are guided through repetitions of small controlled movements that are designed to balance, strengthen and tone the lower body, upper body, and core.

Cardio Blast: 30 minutes to Blast your cardio fitness level through the roof with the best of any type of cardio training the instructor feels like throwing at you!

Cardio Sculpt: This class integrates a combination of cardio and total body strength building exercises that are selected by the instructor and creatively implemented and carried out with different equipment each week to provide a unique experience to our participants.

Chair Yoga: 45 minute class that focuses on providing relaxation to the mind and body. Similar to a traditional yoga class, participants will be guided through poses that will strengthen the muscles and core, encourage spinal mobility, and improve joint flexibility while using the assistance of a chair.

Challenge Yoga: Foundational yoga class that is synchronized to the breath and provides more options for advanced progressions. Participants will be guided to flow through quicker paced sequences that get the heart rate up through gradual and fluent movements of the yoga poses.

Circuit Express: 30 minute class, set to fun and motivating music, designed to get you a cardiovascular and muscle conditioning workout by taking you from one circuit machine to the next. (Fitness Floor).

(CSC) Cardio Strength Circuit: A total fitness conditioning format with a focus on full body resistance work, combined with various cardiovascular training modalities. Participants will build strength, endurance, and improve aerobic capacity in this stimulating and high energy class!

Cycle: Take a ride over hills, flat roads, and mountains in this foundational cycle class that builds strength and cardio fitness while also leading participants through a review of bike set-up and proper safety and body alignment.

Dance Mash-Up: Each week the instructor will choose a dance inspired workout to challenge you in a fun new way. It may be STRONG Zumba®, which is a revolutionary high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got, and then some. Or MixedFit, an explosive dance fitness experience that is repetitive and easy to follow so all levels can participate.

Gentle Yoga: Introductory yoga class designed to relax and strengthen the whole mind and body through connection of restorative breath patterns to fluid movement sequences.

Mixed Fit: This is a people inspired dance fitness program that is a mix of explosive dancing and boot camp toning. The choreography is set to today's hits and yesterday's favorites, is repetitive and easy to follow, so people of all ages and fitness levels can participate.

PiYo: PiYo is a hybrid, athletic workout combining the mind/body practices of Yoga and Pilates with the principles of sports stretch, strength training, and dynamic movement.

Silver Sneakers Circuit*: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a 45-minute standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a Silver Sneakers ball for a low-impact aerobics workout. (A chair is used for support.)

Silver Sneakers-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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Step It Up: 30 minute Hi/lo impact aerobic workout set to music on the step and targeted to increase cardiovascular endurance. Step combinations are broken down for all levels and designed to provide a fun, challenging, and heart pumping workout!

Strictly Strength: A muscle pumping workout and strength-building fitness program designed to increase lean muscle and add overall definition to your entire body. We will use barbells and free weights to target all major muscle groups.

T'ai-Chi: A mind-body practice that originated in China as a martial art. A person doing t'ai-chi moves his/her body slowly and gently, while breathing deeply and meditating (sometimes called "moving meditation"). Many practitioners experience improving their flow and flexibility while lowering their stress response.

Yoga: A foundational, Vinyasa-style flow class linking breath and movement through sequences aimed to improve body alignment, flexibility, and strength.

Zumba®: Ditch the workout and join the party! This dance-fitness format combines fast and slow rhythms of cumbia, merengue, salsa, reggaeton, hip-hop, pop, mambo, rumba, flamenco, calypso and salsa set to Latin and international music. This dynamic, exhilarating, and effective workout known as an "exercise in disguise", aims to help tone and sculpt the body with easy to follow dance moves! No dance experience required.

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 Amelia Morales 480-782-2918 or amelia.morales@chandleraz.gov

**** Sign-in upon checking in at the Guest Service desk.**

You must reserve your own spot; sign in for friends is not allowed.

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



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TumbleweedRec

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