

TRC GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
8 a.m.			GE Silver Sneakers Circuit 45 min Julie B (50)		GE Chair Yoga 45 min Julie B (50)	
8:15 a.m.						CTC Cycle Loisann (15) GES Yoga Patience (24)
8:30 a.m.	GES Gentle Yoga Loisann (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 Loisann/Deb (24) FF Circuit Express 30 minutes	
8:45 a.m.			DS Pilates Jennie (14)			
9 a.m.	GE Silver Sneakers Classic Diane (50) CTC Cycle Meredith (15)	GES Ultimate Conditioning Rayn (24) GE Zumba® Christina I. (125)	GE Silver Sneakers Classic Julie B (50) CTC Cycle Loisann (15)	GES Total Body Plus Staff (24) GE Zumba® Christina I. (125)	GE Senior Total Body Conditioning Julie B (50)	
9:30 a.m.	GES Cardio Sculpt Heather (24)		GES Step II Roberta (22)		GES Cardio Sculpt Heather (24)	GES TABATA 40/30/20 Holly/Heather (22)
10 a.m.		GE Silver Sneakers Circuit 45 min Diane (50) GES Pilates Kammy (24)		GES Active Adults On The Move Diane (24)		
10:30 a.m.			GES Body Defined Julie B (24)		GES Beyond Barre Heather (20)	GES Beyond Barre Roberta/Heather (24)
11 a.m.						GE Zumba® Laura (125)
EVENING CLASSES						
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 Pump It Up Roberta (22) DS Beyond Barre Monique (14) FF Circuit Express 30 minutes	GES Cardio/Strength Circuit Rayn (22)	GES Pump It Up Roberta (22) FF Circuit Express 30 minutes		
6 p.m.	CTC Cycle Anne (15) GW Zumba® Fujiko (125)	CTC Cycle Meredith (15)		CTC Cycle Terry (15) GW Zumba® Alicia (125)		
6:30 p.m.		GES PiYo Maryam (24)		GES PiYo Maryam (24)		
7 p.m.	GES Challenge Yoga Ana (24)		GES Challenge Yoga Patience (24)			
8 p.m.	GW Zumba® Toning Laura (125)	GW Zumba® Christina J. (125)	GES Zumba® Christina J. (24)			

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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.
 Children 8 yrs+ may attend classes when accompanied by a parent for the duration of class.

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 and 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 interspersed 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: 45 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 and upbeat modern music. This class can be modified for the beginner as well as the established yogi. Bring a gym towel, water and 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 and muscle conditioning workout in 30 minutes by taking you from one circuit machine to the next to fun and motivating music. (Fitness Floor)

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

f-AB-ulous CORE: More than just abdominal work, this class will focus on training the muscles that stabilize the spine and pelvis using a variety of equipment and your own body weight. This class combination of strength, balance, agility and flexibility will challenge you and 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 and improve balance. Be prepared to let go and 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 and develop core strength and stability through mat-based exercises that emphasize proper body alignment and 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 workout using the Step. Intermediate choreographed patterns are broken down for power and optional moves suggested for intermediate to advanced steppers. Previous step experience is highly recommended.

Senior Total Body Conditioning: This class specializes in increasing strength and endurance to improve functional use in everyday activities. A fitness and 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® 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 SilverSneakers ball for a low-impact aerobics workout. (A chair is used for support.)

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 and improve strength, function and 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 and movement through a creative, flowing sequence developing strength, balance, flexibility and endurance. In this Vinyasa style flow class there is a great sense of fluidity and 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 and 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

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.



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