



Mayor Kevin Hartke and the Chandler City Council

MAY 2019

#MoveInMay

FITNESS FLOOR EVENTS

Fitness & Health

more on our website: chandleraz.gov/fitness

Life is full of choices, yet there seems to be one that will never let you down: choosing to be physically active. The decision will always be in your favor; offering ample ways to lower your risks for chronic diseases, while strengthening your muscles and even improving your mood.

Is there an activity you'd like to try or gym shoes you'd like to dust off? Go for it and share your move with us on Facebook @[tumbleweedrec](https://www.facebook.com/tumbleweedrec) using #MoveInMay!

Remember, you don't have to be an elite athlete to be fit. It doesn't matter where you are on your health and fitness journey or how you ended up here. You can make healthier choices starting today, so what are you waiting for? Get up, get out and #MoveInMay! If you still need a little extra motivation, we have Group X classes to help you get moving today and every day:

BABY BOOMER BODY SCULPT DROP-IN 55+

You're never too old to be healthy and strong. A blend of cardiovascular and muscle endurance sculpting, Baby Boomer Body Sculpt, helps seniors re-shape and tone their body while encouraging a healthy lifestyle. This Group X class may be modified to adapt to a wide range of fitness levels and abilities.

Fee: TRC rates apply (included in TRC passes)
55 yrs+ Tu/Th 8-8:30 a.m.

United Healthcare® Members, take advantage of improved health with Optum® Fitness Advantage. Speak with the Information Desk for more information.

PILATES CORE X DROP-IN

Combining muscle-sculpting and core-firming with strength and flexibility, Pilates Core X delivers a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined.

Fee: TRC rates apply (included in TRC passes)
18 yrs+ Tu/Th 8:30-9 a.m.



It's time to make your move towards better health. Get up and get moving this summer with TRC's fitness programs designed especially for movers and shakers.



Sweaty Sundays

We're excited to announce that starting this month, our heart-pumping and calorie-blasting Group X Classes are now available on Sundays! Bust a move in classes like Strictly Strength and Cardio Blast - it's the perfect way to work-off the weekend. Check the May Group X Schedule for more details.



Celebrate **Cinco de Mayo** with a morning of spicy Latin jams and flavorful fiesta! Join TRC instructors Saturday, May 4 as we raise the roof from 11 a.m. to 12:30 p.m. Wear your brightest fitness clothes and get ready to tango with our piñata. You'll leave feeling uplifted, stress-free and worked out.