

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.

Baby Boomers Body Sculpt: Packed with fun, functional and effective Body Sculpting exercises that are designed specifically with the baby boomer in mind. Class is designed to re-shape and tone your body while encouraging a healthy lifestyle. Modifications are provided for a wide range of fitness levels and abilities. Varying workout protocols keep things new and exciting.

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.

Bootybarre Xpress: This is a fun 30 minute, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

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.

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).

(CSX/VIIT) CSX Variable Intensity Interval Training: Cardio, Strength, Xtreme is Variable Intensity Interval Training (VIIT) that combines cardio protocols with strength training to get you leaner, stronger and faster than ever. Like HIIT you'll focus on your work-to-rest ratio and intervals with varying intensity to push your body into an all-out effort. The balance between strength, endurance and mobility makes it more accessible and safer to do for all fitness levels.

Dance Mash-up: Drop the beat and find your groove... Each week the instructor will choose an explosive dance inspired workout to challenge you in a fun new way. These workouts could be a combination of:

1. **BollyX:** A Bollywood-inspired cardio dance-fitness program that combines dynamic choreography with the hottest music from around the world. BollyX is open to all fitness levels. No dance background needed.
2. **Mixed Fit:** (See description)
3. **Zumba®:** (See description)

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.

HardCore Rock Bottom: Hit the ground for this intense 55 minute class completely dedicated to helping you sculpt a six-pack by incorporating super-effective, ab-activating, gluteal firming and toning exercises designed to target muscles you didn't even know you had.

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.

PILATES CORE X: Whether you are a senior just starting to exercise, an elite athlete or somewhere in between, the foundations of Pilates movement apply to you. Building from core strength, focusing on proper alignment, and a body/mind integrative approach make Pilates accessible to all. Long, strong muscles and a leaner look, Pilates improves muscle tone, balances musculature, supports beautiful posture, and teaches you to move with ease and grace. All of these things will make you look and feel very fit.

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.

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.

Strong by Zumba®: 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.

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

Yoga Flow: 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.

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 salsaton 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 Terri Tracey 480-782-2931 or terri.tracey@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.



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