

GROUP Exercise at TRC

Tumbleweed Recreation Center | TRC
 745 E. Germann Road
Nicole Fredrickson
 480-782-2668
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i Participants are required to make advanced reservations for all Group Exercise Classes. Reservations begin the second to last Friday of every month at 10 a.m.
Make reservations at: chandleraz.gov/registration or chandleraz.gov/groupexercise
 All program/class fees are paid during the registration process.

NEW **i** New Class or Time
i **ALL members must scan their TRC Fitness membership card at Guest Services AND check in with staff at their exercise class location.**

i **Canceling your Reservation:** If you cannot keep your reservation, please call 480-782-2900 to cancel. At this time, you cannot cancel online.

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 with Chandler Recreation

March 2026

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
	8:15-9 a.m. Gentle Yoga Loisann IW	6:30-7:15 a.m. Challenge Yoga Sarah GXA		7:00-7:45 a.m. Yoga for Active Adults Susan GXA	8:15-9 a.m. Yoga-Pilates Terri IW	
	8:15-9 a.m. Functional Strength Kristi GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Challenge Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Christina GXA	8:15-9 a.m. Total Fitness Kristi GXA	8:15-9:00 a.m. Vinyasa Yoga Flow NEW Kate GXA
	8:30-9:15 a.m. Silver Circuit Susan GYM	8:30-9:15 a.m. Silver Classic Ann Marie GYM	8:30-9:15 a.m. Silver Circuit Susan GYM	8:30-9:15 a.m. Silver Classic Terri GYM	8:30-9:15 a.m. Silver Circuit Roberta GYM	
	9:15-10 a.m. Dance Fitness Christina GXA	9:30-10:15 a.m. High/Low Alissa GXA	9:15-10:00 a.m. Strictly Strength Sarah B. GXA	9:30-10:15 a.m. High/Low Alissa GXA	9:30-10:15 a.m. Strictly Strength Roberta GXA	9:30 - 10:15 a.m. Strictly Strength Liza GXA
11:00-11:45 a.m. Zumba Maria GXA	10:30-11:15 a.m. Active Adults on the Move Susan IW	10:30-11:15 a.m. Beyond Barre Alissa GXA	10:30-11:15 a.m. Active Adults on the Move Terri IW	10:30-11:15 a.m. Beyond Barre Terri GXA	10:30-11:15 a.m. Active Adults on the Move Roberta IW	10:15-11:00 a.m. Strength for Active Adults Roberta IW
12:30-1:15 p.m. Vinyasa Yoga Flow Sarah GXA	4:30-5:15 p.m. High/Low Susan GXA	10:30-11:15 a.m. Zumba Gold Laura IW NEW	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura IW		10:45-11:30 a.m. Zumba Melanie GYM
	5:30-6:15 p.m. Gentle Yoga Lisa GXA	5-5:45 p.m. Flow it Down Yoga Kimberly IW	5:30-6:15 p.m. Strictly Strength Melanie GXA	5-5:45 p.m. Flow it Down Yoga Kimberly IW		
	6:30-7:15 p.m. Total Fitness Liza GXA	5-5:45 p.m. Power Strength Terri GXA	6:15-7:00 p.m. Zumba Toning Laura GYM	5-5:45 p.m. Power Strength Cody GXA	6:00 - 6:45 p.m. Dance Fitness Brenda GXA	
	6:30-7:15 p.m. Zumba Laura GYM	6:00 -6:45 p.m. Beyond Barre Claudia GXA	6:30-7:15 p.m. Gentle Yoga Marti GXA	6:00 -6:45 p.m. Beyond Barre Claudia GXA		

Times and instructors are subject to change.

Group Exercise A (GXA): Max 24 participants
 Ironwood Room (IW): Max 31 participants
 East Gymnasium (GYM): Max 50 participants