

GROUP FITNESS 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.

Make reservations at: chandleraz.gov/registration or chandleraz.gov/tumbleweed

\$ All program/class fees are paid during the registration process.

CHANDLER REC Virtual programs are taken online. See registration receipt for complete details

NEW **i** New Class

i March 31st Closed Easter Holiday

i C cancelling your Reservation: In fairness to all patrons, if you cannot keep your reservation, please call 480-782-2900 to cancel. At this time, you cannot cancel online.

DISCOVER. IMAGINE. GROW.
 with Chandler Recreation

April 2024

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	TUES	WED	THUR	FRI	SAT	
APRIL 		6:30-7:15 a.m. Yoga Sarah GXA				
Restorative Yoga & Sound Bath Experience	8:15-9 a.m. Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Yoga Sarah GXA	8:30-9:15 a.m. Functional Strength Christina I. GXA	8:15-9 a.m. Yoga Susan GXA	8:15-9:15 a.m. Yoga Melinda GXA
With Melinda and Sarah Sunday April 21	8:30-9:15 a.m. Silver Circuit Claudia GYM	8:30-9:15 a.m. Silver Classic Melanie GYM	8:30-9:15 a.m. Silver Circuit Stephanie GYM	8:30-9:15 a.m. Silver Classic Heather GYM	8:30-9:15 a.m. Silver Circuit Claudia GYM	9:30-10:15 a.m. Strictly Strength Heather GXA
1:45-2:45 p.m. Limited Space To 22 Members	9:15-10 a.m. Dance Fitness Christina I. GXA	9:30-10:15 a.m. High/Low Allissa GXA	9:30-10:15 a.m. Strictly Strength Sarah B. GXA	9:30-10:15 a.m. High/Low Allissa GXA	9:15-10 a.m. Strictly Strength Heather GXA	10:30-11:30 a.m. Dance Fitness Christina S. GXA
11:00-11:45 a.m. Zumba Maria GXA	10:30-11:15 a.m. Active Adults on the Move Heather GXA	10:30-11:15 a.m. Strictly Strength Heather GXA	10:30-11:15 a.m. Active Adults on the Move Susan GXA	10:30-11:15 a.m. Strictly Strength Meredith GXA	10:30-11:15 a.m. Active Adults on the Move Roberta GXA	10:45-11:30 a.m. Zumba Melanie GYM
12:30-1:30 p.m. Vinyasa Yoga Flow Sarah GXA	4:30-5:15 p.m. High/Low Meredith GXA	5-5:45 p.m. Power Strength Lori GXA	4:30-5:15 p.m. High/Low Meredith GXA	5-5:45 p.m. Power Strength Lori GXA		
	5:30-6:15 p.m. Yoga Susan GXA	5:45-6:30 p.m. Beyond Barre Monique GXB	5:30-6:15 p.m. Zumba Matt GXA	5:45-6:30 p.m. Beyond Barre Claudia GXB		
	6:30-7:15 p.m. Zumba Toning Laura GYM	6:15-7:00 p.m. Zumba Scheyla GXA NEW i TIME	6:30-7:15 p.m. Yoga Marti GXA	6:15-7 p.m. Zumba Laura GXA	6:00-6:45 p.m. MixedFit Carlyn GXA	

Times and instructors are subject to change.

Group Exercise A (GXA): Max 24 participants
 Group Exercise B (GXB): Max 14 participants
 East Gymnasium (GYM): Max 50 participants