

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC
745 E. Germann Road
Nicole Fredrickson
480-782-2668
Nicole.Fredrickson@chandleraz.gov

i Participants are required to make advanced reservations for all Group Exercise Classes.

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 registered members must check-in at the Main Front Desk for Group Exercise Classes,**

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Cancelling 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

August 2025

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	7:30-8:15 a.m. Yoga for Active Adults Susan IW		8:15-9 a.m. Yoga-Pilates Terri IW	
Click to Register	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. Challenge Yoga Loisann GXA
	8:30-9:15 a.m. Silver Circuit Claudia GYM	8:30-9:15 a.m. Silver Classic Heather GYM	8:30-9:15 a.m. Silver Circuit Heather GYM	8:30-9:15 a.m. Silver Classic Terri GYM	8:30-9:15 a.m. Silver Circuit Claudia 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	9:15-10 a.m. Strictly Strength Roberta GXA	10 - 10:45 a.m. Strictly Strength Roberta 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 Heather IW	10:30-11:15 a.m. Beyond Barre Terri GXA	10:30-11:15 a.m. Active Adults on the Move Roberta IW	10:45-11:30 a.m. Zumba Melanie GYM
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	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura IW		
	5:30-6:15 p.m. Gentle Yoga Lisa GXA	5-5:45 p.m. Power Strength Terri GXA	5:30-6:15 p.m. Strictly Strength Melanie GXA	5-5:45 p.m. Power Strength Heather GXA		
		6:00 -6:45 p.m. Beyond Barre Claudia GXA	6:15-7:00 p.m. Zumba Laura GYM	6:00 -6:45 p.m. Beyond Barre Claudia GXA	6:00 - 6:45 p.m. Dance Fitness Brenda GXA	
	6:30-7:15 p.m. Zumba Toning Laura GYM	6:00 -6:45 p.m. XTREME Hip Hop Step Shara GXB	6:30-7:15 p.m. Gentle Yoga Marti GXA			
Times and instructors are subject to change.				Ironwood Room (IW): Max 31 participants Group Exercise A (GXA): Max 24 participants Group Exercise B (GXB): Max 14 participants East Gymnasium (GYM): Max 50 participants		

chandleraz.gov/tumbleweed