



# August 2026

## Group Exercise Schedule at Tumbleweed Recreation Center

### Tumbleweed Recreation Center (TRC)

745 E. Germann Road,  
Chandler 85286

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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/groupexercise](http://chandleraz.gov/groupexercise) or [chandleraz.gov/groupexercise](http://chandleraz.gov/groupexercise)

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

**ALL members must scan their TRC Fitness membership card at Guest Services AND check in with staff at their exercise class location.**

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

**August 1-31<sup>st</sup> Wellness Month Challenge** – more information given by instructors in classes

| SUN                                                     | MON                                                             | TUES                                                       | WED                                                             | THUR                                                                                                                                | FRI                                                               | SAT                                                             |
|---------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------|
|                                                         | <b>8:15-9 a.m. Gentle Yoga</b><br>Loisann   IW                  | <b>6:30-7:15 a.m. Challenge Yoga</b><br>Sarah   GXA        | <b>7-7:45 a.m. Pilates Sculpt</b><br>Terri   IW                 | <b>7-7:45 a.m. Yoga for Active Adults</b><br>Susan   GXA                                                                            | <b>8:15-9 a.m. Yoga-Pilates</b><br>Terri   IW                     |                                                                 |
|                                                         | <b>8:15-9 a.m. Functional Strength</b><br>Kristi   GXA          | <b>8:30-9:15 a.m. Functional Strength</b><br>Susan   GXA   | <b>8:15-9 a.m. Hatha Yoga</b><br>Jennifer K   GXA<br><b>NEW</b> | <b>8:30-9:15 a.m. Power Strength</b><br>Meredith   GXA<br><b>NEW</b>                                                                | <b>8:15-9 a.m. Total Fitness</b><br>Kristi   GXA                  | <b>8:15-9 a.m. Vinyasa Yoga Flow</b><br>Jenaye   GXA            |
|                                                         | <b>8:30-9:15 a.m. Silver Circuit</b><br>Susan   GYM             | <b>8:30-9:15 a.m. Silver Classic</b><br>Terri   GYM        | <b>8:30-9:15 a.m. Silver Circuit</b><br>Susan   GYM             | <b>8:30-9:15 a.m. Silver Classic</b><br>Terri   GYM                                                                                 | <b>8:30-9:15 a.m. Silver Circuit</b><br>Roberta   GYM             |                                                                 |
|                                                         | <b>9:15-10 a.m. Dance Fitness</b><br>Christina   GXA            | <b>9:30-10:15 a.m. High/Low</b><br>Alissa   GXA            | <b>9:15-10 a.m. Strictly Strength</b><br>Sarah B.   GXA         | <b>9:30-10:15 a.m. High/Low</b><br>Alissa   GXA                                                                                     | <b>9:30-10:15 a.m. Strictly Strength</b><br>Roberta   GXA         | <b>9:30 – 10:15 a.m. Strictly Strength</b><br>Liza   GXA        |
| <b>11:00-11:45 a.m. Zumba</b><br>Maria   GXA            | <b>10:30-11:15 a.m. Active Adults on the Move</b><br>Susan   IW | <b>10:30-11:15 a.m. Tone &amp; Stretch</b><br>Alissa   GXA | <b>10:30-11:15 a.m. Active Adults on the Move</b><br>Terri   IW | <b>10:30-11:15 a.m. Beyond Barre</b><br>Terri   GXA                                                                                 | <b>10:30-11:15 a.m. Active Adults on the Move</b><br>Roberta   IW | <b>10:15-11 a.m. Strength for Active Adults</b><br>Roberta   IW |
| <b>12:30-1:15 p.m. Vinyasa Yoga Flow</b><br>Sarah   GXA | <b>4:30-5:15 p.m. High/Low</b><br>Susan   GXA                   | <b>10:30-11:15 a.m. Zumba Gold</b><br>Laura   IW           | <b>4:30-5:15 p.m. Cardio Kickbox</b><br>Melanie   GXA           | <b>10:30-11:15 a.m. Zumba Gold</b><br>Laura   IW                                                                                    |                                                                   | <b>10:45-11:30 a.m. Zumba</b><br>Melanie   GYM                  |
|                                                         | <b>5:30-6:15 p.m. Gentle Yoga</b><br>Lisa   GXA                 | <b>5-5:45 p.m. Flow it Down Yoga</b><br>Kimberly   IW      | <b>5:30-6:15 p.m. Strictly Strength</b><br>Melanie   GXA        | <b>5-5:45 p.m. Flow it Down Yoga</b><br>Kimberly   IW                                                                               |                                                                   |                                                                 |
|                                                         | <b>6:30-7:15 p.m. Total Fitness</b><br>Liza   GXA               | <b>5-5:45 p.m. Power Strength</b><br>Terri   GXA           | <b>6:15-7:00 p.m. Zumba Toning</b><br>Laura   GYM               | <b>5-5:45 p.m. Power Strength</b><br>Cody   GXA                                                                                     | <b>6:00 – 6:45 p.m. Dance Fitness</b><br>Brenda   GXA             |                                                                 |
|                                                         | <b>6:30-7:15 p.m. Zumba</b><br>Laura   GYM                      | <b>6-6:45 p.m. Beyond Barre</b><br>Claudia   GXA           | <b>6:30-7:15 p.m. Gentle Yoga</b><br>Marti   GXA                | <b>6-6:45 p.m. Beyond Barre</b><br>Claudia   GXA                                                                                    |                                                                   |                                                                 |
| <b>Times and instructors are subject to change.</b>     |                                                                 |                                                            |                                                                 | Group Exercise A (GXA): Max 24 participants<br>Ironwood Room (IW): Max 31 participants<br>East Gymnasium (GYM): Max 50 participants |                                                                   |                                                                 |