

# 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](http://chandleraz.gov/registration)  
or  
[chandleraz.gov/groupexercise](http://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,**

**i** **Presidents Day Holiday Hours on 2/16 7 a.m. - 5 p.m.**

**i** **Cancelling your Reservation:** 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

# February 2026

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
	<b>8:15-9 a.m. Gentle Yoga</b> Loisann   IW	<b>6:30-7:15 a.m. Challenge Yoga</b> Sarah   GXA		<b>7:00-7:45 a.m. Yoga for Active Adults</b> Susan   GXA	<b>8:15-9 a.m. Yoga-Pilates</b> Terri   IW	
<b>GO RED Week Feb 8-14 Wear RED to show your support for the awareness and prevention of heart disease</b>	<b>8:15-9 a.m. Functional Strength</b> Kristi   GXA	<b>8:30-9:15 a.m. Functional Strength</b> Susan   GXA	<b>8:15-9 a.m. Challenge Yoga</b> Sarah   GXA	<b>8:30-9:15 a.m. Functional Strength</b> Christina   GXA	<b>8:15-9 a.m. Total Fitness</b> Kristi   GXA	<b>8:15-9:00 a.m. Challenge Yoga</b> Kate   GXA
	<b>8:30-9:15 a.m. Silver Circuit</b> Susan   GYM	<b>8:30-9:15 a.m. Silver Classic</b> Ann Marie   GYM	<b>8:30-9:15 a.m. Silver Circuit</b> Susan   GYM	<b>8:30-9:15 a.m. Silver Classic</b> Terri   GYM	<b>8:30-9:15 a.m. Silver Circuit</b> Roberta   GYM	
	<b>9:15-10 a.m. Dance Fitness</b> Christina   GXA	<b>9:30-10:15 a.m. High/Low</b> Alissa   GXA	<b>9:15-10:00 a.m. Strictly Strength</b> Sarah B.   GXA	<b>9:30-10:15 a.m. High/Low</b> Alissa   GXA	<b>9:30-10:15 a.m. Strictly Strength</b> Roberta   GXA	<b>9:30 - 10:15 a.m. Strictly Strength</b> Liza   GXA
<b>11:00-11:45 a.m. Zumba</b> Maria   GXA	<b>10:30-11:15 a.m. Active Adults on the Move</b> Susan   IW	<b>10:30-11:15 a.m. Beyond Barre</b> Alissa   GXA	<b>10:30-11:15 a.m. Active Adults on the Move</b> Terri   IW	<b>10:30-11:15 a.m. Beyond Barre</b> Terri   GXA	<b>10:30-11:15 a.m. Active Adults on the Move</b> Roberta   IW	<b>10:15-11:00 a.m. Strength for Active Adults</b> Roberta   IW <b>NEW</b> <b>i</b>
<b>12:30-1:15 p.m. Vinyasa Yoga Flow</b> Sarah   GXA	<b>4:30-5:15 p.m. High/Low</b> Susan   GXA	<b>10:30-11:15 a.m. Active Adults On the Move</b> Susan   IW	<b>4:30-5:15 p.m. Cardio Kickbox</b> Melanie   GXA	<b>10:30-11:15 a.m. Zumba Gold</b> Cheryl   IW		<b>10:45-11:30 a.m. Zumba</b> Melanie   GYM
	<b>5:30-6:15 p.m. Gentle Yoga</b> Lisa   GXA	<b>5-5:45 p.m. Flow it Down Yoga</b> <b>NEW</b> <b>i</b> Kimberly   IW	<b>5:30-6:15 p.m. Strictly Strength</b> Melanie   GXA	<b>5-5:45 p.m. Flow it Down Yoga</b> <b>NEW</b> <b>i</b> Kimberly   IW		<b>GO RED Zumba February 14 10:45 a.m. in the GYM</b>
	<b>6:30-7:15 p.m. Total Fitness</b> Liza   GXA	<b>5-5:45 p.m. Power Strength</b> Terri   GXA	<b>6:15-7:00 p.m. Zumba Toning</b> Liza   GYM	<b>5-5:45 p.m. Power Strength</b> Cody   GXA	<b>6:00 - 6:45 p.m. Dance Fitness</b> Brenda   GXA	
	<b>6:30-7:15 p.m. Dance Fitness</b> Brenda   GYM	<b>6:00 -6:45 p.m. Beyond Barre</b> Claudia   GXA	<b>6:30-7:15 p.m. Gentle Yoga</b> Marti   GXA	<b>6:00 -6:45 p.m. Beyond Barre</b> Claudia   GXA		
<b>Times and instructors are subject to change.</b>				Group Exercise A (GXA): Max 24 participants Ironwood Room (IW): Max 31 participants East Gymnasium (GYM): Max 50 participants		