

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC
745 E. Germann Road

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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/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
	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	
GO RED Week Feb 8-14 Wear RED to show your support for the awareness and prevention of heart disease	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 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
	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. Active Adults On the Move Susan IW	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Cheryl IW	10:45-11:30 a.m. Zumba Melanie GYM
		5:30-6:15 p.m. Gentle Yoga Lisa GXA	5:45 p.m. Flow it Down Yoga NEW Kimberly IW	5:30-6:15 p.m. Strictly Strength Melanie GXA	5:45 p.m. Flow it Down Yoga NEW Kimberly IW	GO RED Zumba February 14 10:45 a.m. in the GYM
		6:30-7:15 p.m. Total Fitness Liza GXA	5:45 p.m. Power Strength Terri GXA	6:15-7:00 p.m. Zumba Toning Liza GYM	5:45 p.m. Power Strength Cody GXA	6:00 - 6:45 p.m. Dance Fitness Brenda GXA
		6:30-7:15 p.m. Dance Fitness Brenda 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		