

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC

745 E. Germann Road

Nicole Fredrickson

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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 **Closed on 1/1 New Years Day**
Holiday Hours on 1/19 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

January 2026

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
Yoga Event New Beginnings	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 NEW i Susan GXA	8:15-9 a.m. Yoga-Pilates Terri IW	
Rooted Intentions January 11th 12:30-1:30 p.m. GXA w/Sarah P	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	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. Active Adults On the Move Susan IW NEW i	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Cheryl 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 Cody GXA		
Register HERE	6:30-7:15 p.m. Total Fitness Liza GXA	6:00 -6:45 p.m. Beyond Barre Claudia GXA	6:15-7:00 p.m. Zumba Toning Liza GYM NEW i	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. Dance Fitness Brenda GYM NEW i		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		