

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC
745 E. Germann Road
Nicole Fredrickson
480-782-2668
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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, Time or Location

i **ALL registered members must check-in at the Main Front Desk for Group Exercise Classes, including the Ironwood Room.**



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

June 2025

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
	8:15-9 a.m. Gentle Yoga Loisann IW NEW i Location	6:30-7:15 a.m. Challenge Yoga Lisa GXA	7:30-8:15 a.m. Yoga for Active Adults NEW i Susan IW		8:15-9 a.m. Yoga-Pilates Terri IW NEW i Location	
	8:15-9 a.m. Functional Strength NEW i Kristi GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Challenge Yoga Melanie GXA	8:30-9:15 a.m. Functional Strength Christina GXA	8:15-9 a.m. Total Fitness Kristi GXA NEW i	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 NEW i Location	10:30-11:15 a.m. Beyond Barre Alissa GXA	10:30-11:15 a.m. Active Adults on the Move Heather IW NEW i Location	10:30-11:15 a.m. Beyond Barre Terri GXA	10:30-11:15 a.m. Active Adults on the Move Roberta IW NEW i Location	10:45-11:30 a.m. Zumba Melanie GYM
12:30-1:15 p.m. Vinyasa Yoga Flow Susan/Marti GXA	4:30-5:15 p.m. High/Low Susan GXA	10:30-11:15 a.m. Zumba Gold Laura IW NEW i Location	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura IW NEW i Location		Brain Fitness Special Class June 27th 10:30-11:15 a.m.
Summer Solstice Yoga Classes June 21 8:15-9:15 a.m. & June 22 12:30-1:30 p.m.	5:30-6:15 p.m. Gentle Yoga Susan/Lisa GXA NEW i	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		With Roberta Ironwood Room 
	6:30-7:15 p.m. Zumba Toning Laura GYM	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	
		6:00 -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