

Tumbleweed Recreation Center (TRC)

745 E. Germann Road,
Chandler 85286

Nicole Fredrickson,
480-782-2668
Nicole.Fredrickson@chandleraz.gov

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/registration or chandleraz.gov/grouplexercise**

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.

6/19 & 6/20 Brain Fitness Class IW 10:30/10:15 a.m.
6/2 Int Yoga Day in GXA 12:30-1:30 p.m.
6/30 Nidra Sound Bath in IW 5-6:30 p.m.

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	7-7:45 a.m. Pilates Sculpt Terri IW NEW	7-7:45 a.m. Yoga for Active Adults Susan GXA	8:15-9 a.m. Yoga-Pilates Terri IW	
	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 a.m. Vinyasa Yoga Flow Kate/Jenaye GXA
	8:30-9:15 a.m. Silver Circuit Susan GYM	8:30-9:15 a.m. Silver Classic Laura 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 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. Tone & Stretch 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	10:15-11 a.m. Strength for Active Adults 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. Zumba Gold Laura IW	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura IW		10:45-11:30 a.m. Zumba Melanie GYM
	5:30-6:15 p.m. Gentle Yoga Lisa GXA	5-5:45 p.m. Flow it Down Yoga Kimberly IW	5:30-6:15 p.m. Strictly Strength Melanie GXA	5-5:45 p.m. Flow it Down Yoga Kimberly IW		
	6:30-7:15 p.m. Total Fitness Liza GXA	5-5:45 p.m. Power Strength Terri GXA	6:15-7:00 p.m. Zumba Toning Laura GYM	5-5:45 p.m. Power Strength Cody GXA	6:00 - 6:45 p.m. Dance Fitness Brenda GXA	
	6:30-7:15 p.m. Zumba Laura GYM	6 -6:45 p.m. Beyond Barre Claudia GXA	6:30-7:15 p.m. Gentle Yoga Marti GXA	6 -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		