

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 or Time

i Memorial Day Holiday Hours
May 26th open
7:00 a.m.-5:00 p.m.

Cancelling your Reservation: If you cannot keep your reservation, please call 480-782-2900 to cancel. At this time, you cannot cancel online.

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with Chandler Recreation

May 2025

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
Expansion Ribbon Cutting Grand Opening		6:30-7:15 a.m. Challenge Yoga Sarah GXA				
May 17 9 a.m.-12 p.m. Open to the public	8:15-9 a.m. Gentle Yoga Sarah 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. Yoga-Pilates Terri GXA	8:15-9:00 a.m. Challenge Yoga Loisann GXA
Group Exercise classes not affected	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 GXA	10:30-11:15 a.m. Beyond Barre Alissa GXA	10:30-11:15 a.m. Active Adults on the Move Heather GXA	10:30-11:15 a.m. Beyond Barre Terri GXA	10:30-11:15 a.m. Active Adults on the Move Roberta GXA	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. Zumba Gold Laura DANCE RM	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura DANCE		Saturday, May 3 10:45-11:30 a.m. ZUMBA DE MAYO Laura GYM
	5:30-6:15 p.m. Vinyasa Yoga Flow Loisann 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 Heather GXA		
		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	
Monday, May 5 6:30-7:15 p.m. ZUMBA DE MAYO Maria GYM	6:30-7:15 p.m. Zumba Toning Laura GYM	6:00 -6:45 p.m. XTREME Hip Hop Step Shara GXB	6:30-7:15 p.m. Gentle Yoga Marti GXA			Register for Classes
Times and instructors are subject to change.				Group Exercise A (GXA): Max 24 participants Dance Room: Max 14 participants East Gymnasium (GYM): Max 50 participants		