May 2026

Group Exercise Schedule at Tumbleweed Recreation Center

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/groupexercise**

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.

May 25 – HOLIDAY Hours 7 a.m. - 5 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.** **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** 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 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