

Tumbleweed Recreation Center (TRC)

745 E. Germann Road,
Chandler 85286

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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.

11/11 Holiday Hours
7 a.m. – 5 p.m.

11/20 Registration for Dec classes opens 10 a.m.

11/26 TRC Closed
11/27 Holiday Hours
7 a.m. – 5 p.m.

SUN	MON	TUES	WED	THUR	FRI	SAT
	8:15-9 a.m. Gentle Yoga Heather IW	6:30-7:15 a.m. Challenge Yoga Sarah GXA	7-7:45 a.m. Pilates Sculpt Terri IW	7-7:45 a.m. Yoga for AA Susan GXA	8:15-9 a.m. Yoga-Pilates Terri IW	
	8:15-9 a.m. Functional Strength Alex GXA	8:30-9:15 a.m. Functional Strength Susan GXA	8:15-9 a.m. Hatha Yoga Jennifer K GXA	8:30-9:15 a.m. Power Strength Meredith GXA	8:30-9:15 a.m. High Low Meredith GXA	8:15-9 a.m. Vinyasa Yoga Flow Jenaye GXA
Dia De Los Muertos Zumba 11/1 @ 11 a.m. 11/2 @ 6:30 p.m.	8:30-9:15 a.m. Silver Sneaker Circuit Susan GYM	8:30-9:15 a.m. Silver Sneaker Classic Terri GYM	8:30-9:15 a.m. Silver Sneaker Circuit Susan GYM	8:30-9:15 a.m. Silver Sneaker Classic Terri GYM	8:30-9:15 a.m. Silver Sneaker Circuit Roberta GYM	8:15-9 a.m. Mobility & Stability Roberta IW
Dress in Costume!	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 Meredith GXA
11:00-11:45 a.m. Zumba Maria GXA	10:30-11:15 a.m. AA on the Move Susan IW	10:30-11:15 a.m. Strictly Strength Meredith GXA	10:30-11:15 a.m. AA on the Move Terri IW	10:30-11:15 a.m. Beyond Barre Terri GXA	10:30-11:15 a.m. AA on the Move Roberta IW	10:30-11:15 a.m. Strength for AA 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
		11:30-12:15 p.m. Strength for AA Meredith IW				
	5:30-6:15 p.m. Gentle Yoga Lisa GXA	5-5:45 p.m. Vinyasa Yoga Flow  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 Maria 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 – 6:45 p.m. Dance Fitness Brenda GXA	11/23 @ 6:30 p.m. & 11/28 @ 10:45 a.m.
	6:30-7:15 p.m. Zumba Laura GYM	6 – 6:45 p.m. Beyond Barre Claudia IW	6:30-7:15 p.m. Gentle Yoga Marti GXA	6 – 6:45 p.m. Beyond Barre Claudia IW		
Times and instructors are subject to change. chandleraz.gov/groupexercise				Group Exercise A (GXA): Max 24 participants Ironwood Room (IW): Max 31 participants East Gymnasium (GYM): Max 50 participants		