

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
ALL registered members must check-in at the Main Front Desk for Group Exercise Classes.
CLOSED Thanksgiving Veterans Day 11/11 and 11/28 Holiday Hours 7 a.m. - 5 p.m.

i **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

November 2025

Group Exercise Schedule at Tumbleweed Recreation Center



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	7:30-8:15 a.m. Yoga for Active Adults Susan IW		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	8:15-9:00 a.m. Challenge Yoga Sarah/Kate GXA
Dress in Costume Nov 1 @ 10:45 a.m. Nov 2 @ 11 a.m.	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 Susan 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 Alissa GXA	9:30-10:15 a.m. High/Low Alissa GXA	9:30-10:15 a.m. Strictly Strength NEW i TIME 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. Beyond Barre 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	10:45-11:30 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 IW	4:30-5:15 p.m. Cardio Kickbox Melanie GXA	10:30-11:15 a.m. Zumba Gold Laura IW		
Halloween Theme 	5:30-6:15 p.m. Gentle Yoga Lisa 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 Cody GXA		
October 30th 9:30-10:15 a.m. Cotton Room North	6:30-7:15 p.m. Total Fitness Liza 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	11/26 @ 6:15 p.m. And 11/29 @ 10:45 am
	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			
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		