

GROUP FITNESS at TRC

Tumbleweed Recreation Center | TRC

745 E. Germann Road

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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 **ALL registered members must check-in at the Main Front Desk for Group Exercise Classes.**

i **No evening 6 p.m. Dance Fitness on 10/31, Halloween**

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

October 2025

Group Exercise Schedule at Tumbleweed Recreation Center



SUN	MON	TUES	WED	THUR	FRI	SAT
PINK WEEK October 5-11th Wear pink get FREE Swag!	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	
PINK Party Zumba Jam Saturday, 11th 10:45 am GYM	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 Loisann GXA
PINK Party Zumba Jam Sunday, Oct 5th 11 a.m. GXA	8:30-9:15 a.m. Silver Circuit Claudia GYM	8:30-9:15 a.m. Silver Classic Ann Marie GYM	8:30-9:15 a.m. Silver Circuit Claudia 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 Alissa GXA	9:30-10:15 a.m. High/Low Alissa GXA	9:15-10 a.m. Strictly Strength Roberta GXA	9:30 - 10:15 a.m. Strictly Strength NEW i 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/Sam 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		
	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 Terri/Sam GXA		
	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	
	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		

chandleraz.gov/tumbleweed