



September 2026

Group Exercise Schedule at Tumbleweed Recreation Center

Tumbleweed Recreation Center (TRC)

745 E. Germann Road,
Chandler 85286

Nicole Fredrickson,
480-782-2668
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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/grouplexercise

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.

September 7: Holiday
hours 7 a.m.-5 p.m.

9/21-9/26 Fall
Prevention Week

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. 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 Kristi 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 NEW	8:15-9 a.m. Vinyasa Yoga Flow Jenaye GXA
	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	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 Subs 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. Tone & Stretch Alissa 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	10:15-11 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 NEW				
	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 Subs 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. chandleraz.gov/grouplexercise				Group Exercise A (GXA): Max 24 participants Ironwood Room (IW): Max 31 participants East Gymnasium (GYM): Max 50 participants		