

ADULT 3.5

Designed for players who are already involved in competition, but need improvement on strokes and strategy. Drill based lesson. Each player must be rated by a Chandler Tennis Center Tennis Professional or have an N.T.R.P. (National Tennis Rating Program) rating prior to registering in the class. If a player signs up without being rated, he or she will be removed and given a full refund.

Instructor: Lasse Akesson

Resident fee: \$108 **Non-resident fee: \$146**
 W 3/25-5/13 7-8:30 p.m. 16 yrs+

ADULT 4.0

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Instructor: Lasse Akesson

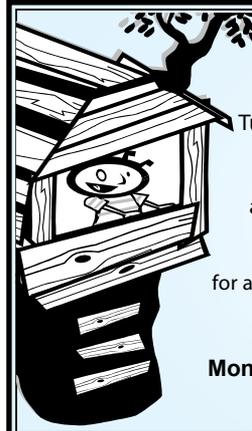
Resident fee: \$108 **Non-resident fee: \$146**
 Th 3/26-5/14 7-8:30 p.m. 16 yrs+

CARDIO TENNIS

Are you tired of walking on a treadmill to get in shape? Change your fitness routine and really get your heart pumping. Set to fast-paced music, this lesson will keep you moving, so come with energy.

Instructor: Tennis Staff

Resident fee: \$48 **Non-resident fee: \$65**
 M 3/23-5/11 9-10 a.m. 16 yrs+
 W 3/25-5/13 7:30-8:30 p.m. 16 yrs+



DID YOU KNOW...

The **TREE HOUSE CHILD WATCH** inside the Tumbleweed Recreation Center is available to Chandler Tennis Center participants?

The Tree House provides several supervised activities such as crafts, dramatic play, reading, climbing and exploring. Children ages 1-7 are welcome for up to three hours at a time for a minimal fee. See TRC or Tennis Center staff for more information.

TREE HOUSE HOURS:
Monday-Friday, 8 a.m.-noon and 4-9 p.m.
and Saturday, 8 a.m.-1 p.m.

ADVANCED CARDIO TENNIS

This class is for the experienced cardio player. Fast-paced music and intense drills will keep your feet moving and heart rate up for a great workout.

Instructor: Vicki Foster, Tennis Staff

Resident fee: \$48 **Non-resident fee: \$65**
 M 3/23-5/11 7:30-8:30 p.m. 16 yrs+
 Tu 3/24-5/12 9-10 a.m. 16 yrs+

TUMBLEWEED Recreation center | Group exercise schedule

745 East Germann Road • Chandler, AZ 85286 • 480-782-2900

For class descriptions, instructors and more information visit www.chandleraz.gov/tumbleweed

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.		Cycle & ABS (ctc) 15		Cycle Circuit (ctc) 15		
8:15 a.m.			Chair Yoga (GE) 50			Yoga* 30 Cycle Jam (ctc) 15
8:30 a.m.	Gentle Yoga* 30 Circuit Express (30 min)	Circuit Express (30 min)	Yoga* 30 Circuit Express (30 min)	Circuit Express (30 min)	Yoga* 30 Circuit Express (30 min)	
9 a.m.	SilverSneakers® Classic (GE) 50	Pilates** 17 Zumba® (GE) 125 Ultimate Conditioning* 25	SilverSneakers® Classic (GE) 50	Zumba® (GE) 125 Total Body Plus* 25		
9:30 a.m.	HIIT* 25		Pilates** 17 Step II* 22		Cardio Sculpt* 24 Senior Total Body Conditioning (GE) 40	Cardio Sculpt* 22 (Alternate Sa) Cardio Kickboxing* 22 (Alternate Sa)
10 a.m.				PIYO* 30		
10:30 a.m.	Pump it Up* 22 Pilates** 16		Body Defined* 25		Beyond Barre* 25	Beyond Barre** 25
11:30 a.m.						Zumba®* 45
4:30 p.m.	f-AB-ulous CORE* 25	HIIT* 25	f-AB-ulous CORE* 25	HIIT* 25		Group Exercise classes are FREE to pass holders otherwise daily rates apply. *Group Exercise Studio **Dance Studio (GE) Gymnasium - East (GW) Gymnasium - West (ctc) Chandler Tennis Center
5:30 p.m.		Beyond Barre** 16 Pump It Up* 22	Cardio Kickboxing* 22	Tabata Strength* 22		
5:45 p.m.	Zumba®* 45					
6 p.m.	Cycle Jam (ctc) 15	Cycle (ctc) 15		Cycle (ctc) 15	Zumba®* 45	
6:30 p.m.		Pound* 30				
7 p.m.	Challenge Yoga* 30		Challenge Yoga* 30	Yoga* 30		
8 p.m.	Zumba® Toning (GW) 125	Zumba® (GW) 125	Zumba® (GW) 125	Zumba® (GW) 125		

Class maximums are in **bold** after class location abbreviations.

All classes are 55 minutes with the exception of Circuit Express, Tabata Strength and Chair Yoga.

All Zumba® classes require a wristband which is provided at the front desk. **Class times and locations are subject to change**