

Del E Webb Wellness Center

Group Exercise Class Descriptions

Arthritis Class:

Designed for people with arthritic symptoms, this program will get you ready to increase muscle strength, improve range of motion, and balance by using balls, resistance bands, small hand weights, plates, and other materials – while sitting on a chair. This class is set in a circle so you can see the instructor perfectly and ask all the questions you need. Enjoy the social atmosphere and relaxed environment. All fitness levels welcome!

Resistance Bands/Strength & Cardio:

In this class, participants will do a workout using mainly resistant bands. We do implement some dumbbell, box and different core work as well as the bands. The class is geared to high repetitions based on a time HITT (High Intensity training) workout that will increase and keep the heart rate up.

Bar Stretch:

Toning and stretch class using a weighted bar.

Body Pump:

Body Pump is a fast-paced, barbell-based workout that is specifically designed to help you get lean, toned, and fit.

Bootcamp:

In this class you will combine circuit-style routines with exercises led by the instructor to improve your strength. This is not a high intensity class. It is designed for beginners and focuses on form and range of motion. Perfect to get started!

Cardio Kickboxing:

This is a high energy class that combines martial arts moves with fast-paced cardio, set to upbeat and energizing music. This is a NO contact class utilizing such moves as punches (jabs, hooks, crosses, uppercuts) , various kicks, squats, burpees, sit ups and push-ups to engage the lower and upper body. This fun and challenging class has modifications and progressions to reach a wide variety of ages and abilities. Weighted ½-1-pound gloves are optional for increased toning but are not provided.

Cycle:

Start your day off right with this high energy cycling class. This class will challenge your strength and endurance with interval drills to awesome music. Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance. Come on in for the ride!

Easy Cardio Stretch:

This 60 minute class blends energizing movement with deep relaxation. The first 40 minutes focus on easy, low-impact cardio to get your heart pumping and your body warmed up. You'll move through simple steps like marching in place, step-touches, gentle knee lifts, and arm movements to upbeat music. No jumping or complex choreography - just fun, feel-good dance steps and movement at a pace that's right for you. The final 20 minutes transition into calming chair yoga. Seated stretches, gentle twists, mindful breathing, and light balance work help relax the body, and improve flexibility and posture. This portion is designed to restore and recharge you after cardio, leaving you refreshed and centered. Perfect for all fitness levels - no floor work required. Our class is designed to improve heart health, coordination, and overall energy without stressing your joints. Come as you are - leave feeling stronger, lighter, and more confident!

Full Body Toning:

A full-body workout using barbells, resistance bands, and steps combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit. Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body.

HIIT & Mobility:

This class combines high-intensity interval training (HIIT) with targeted mobility exercises to build strength, power, and endurance – as well as improve range of motion. Modifications are offered to accommodate different fitness levels.

Movin & Groovin:

30 minutes of stretching and chair yoga followed by 30 minutes of low impact cardio with light weights.

Pound:

This is a full body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Besides toning, drumming provides powerful brain boosting and stress relieving effects. You don't need to be a musician—just some basic rhythm will work!

Spin/Line Dance:

Come have fun doing basic line dancing routines – great cardio and lots of fun. All levels welcome!

Strength & Mobility:

A comprehensive workout designed to build muscular strength while enhancing joint mobility and flexibility. This class is for all fitness levels and focuses on functional movements that improve everyday performance, posture, and resilience. Each session combines strength training exercises (using body weight, resistance bands, kettle bells, or free weights) and incorporates mobility drills that increase range of motion, reduce stiffness and supports healthy joint function.

Strength/Toning:

This is a low/non-impact class that combines various formats to focus on muscle toning (strength) and stretching (mobility). Formats include small free weights, isometric and body weight exercises, combinations of standing and floor work, and *new* CIRCL Mobility. CIRCL is based on the science of functional movement and combines yoga-type stretching poses with a continuous flow of movement to increase mobility and flexibility.

Step & Sculpt:

Classic cardio workout that incorporates a step to increase the heart rate and burn calories. Weights are included to help tighten and tone the muscle.

Tone Stretch:

This class is a series of stretching and toning exercises.

TRX:

The TRX class is one of high intensity but one that can be altered for anyone one to do with any level of fitness. We combine a TRX workout with dumbbells, bars, bands, boxes and some cardio on certain days. It will be as challenging as you make it and give a great end result.

The Zumba Program

Enjoy this aerobic fitness program featuring steps inspired by different styles of Latin American, ballroom, and world fusion dancing. Prepare to exercise to great music and burn calories without even realizing it. It is the perfect combo of fun and fitness. Let the sense of empowerment and happiness move you to the beat of easy choreographies designed to have you going non-stop. Enhance your coordination and cardiovascular endurance. Come join the party!

STRONG Nation by Zumba:

This is a high-intensity interval training (HIIT) workout that is reverse-engineered to make the music match every single move. High energy routines combine plyometric movements with isometric movements to tone every muscle using just your body weight. STRONG Nation uses original music with fast-paced rhythms like EDM, Hip-Hop, and fusion genres like Moombahton to keep students 100% focused on the moves instead of counting reps. The 60 minute class is made up of four quadrants (3 standing and 1 on the ground) with a short break between each to keep the perfect rhythm of intervals and rest, to achieve fitness benefits in a shorter duration

Zumba:

This is a high intensity, high impact class but don't let that stop you. We have participants that "take it easier" and enjoy the fun too. You will get a few seconds of rest between songs. Grab a towel and your water bottle.

Zumba Tone:

This is a medium impact class that combines light weights into the choreographies to help you focus on specific muscle groups. Join us for a rhythmic strength training experience.

Mind and Body

These classes are low impact to no-impact classes performed barefoot on a Yoga or Pilates mat and other assisting props. We will provide all materials, but you are always welcome to bring your own. The participants in these types of classes report better sleep, increased energy levels and relief from muscle pain and stiffness. The breathing focus in Yoga practice can benefit heart rate and blood pressure. Our instructors are knowledgeable and will work with you at your own level. Come try a class today!

Barre:

Ballet-inspired workout that develops long and lean muscles, enhances flexibility and improves balance by rhythmically moving your own body weight to the music and with the use of a barre. It focuses on lower body and core through the isometric contraction of the muscles. No tap-shoes, leotards or any other fancy footwork are required. No need for any experience.

Beginner Yoga:

This is an entry level yoga class that introduces foundational poses and sequences through repetitive movements designed to build strength and create ease in your body.

Chair Yoga:

Modified form of yoga, sitting on a chair or using a chair for support.

Heart Health & Flexibility:

30 minutes of chair yoga and 30 minutes of low impact cardio, using light weights...lots of fun!

Pilates and Yoga Stretch:

A mind-body exercise system focused on strengthening the core, improving posture, and increasing flexibility and body awareness. Specifically focuses on the core principles of Pilates, including core stabilization, muscle balance, proper alignment, and the integration of mindfulness – it also incorporates yoga stretches throughout the class while muscles are warm.

Restorative Yoga:

A class for all ages and all levels of fitness. Focusing on restoring range of motion, mental and physical wellness and balance. Intro to yoga therapy for pain management and body awareness.

Slow Vinyasa Yoga:

This is a gentle slow vinyasa flow class, breath-centered practice that links movement with mindfulness. This style emphasizes slow, intentional transitions and longer holds in each pose. This class regularly begins with grounding breathwork and a gentle warm-up to awaken the body. As the flow progresses, familiar poses like Warrior, Crescent Lunge, and Chair pose are explored at a steady pace, allowing time to focus on alignment and breath. The practice gradually shifts into balancing postures and deep floor stretches, helping to release tension and increase flexibility. The class concludes with a calming cool-down and Savasana, offering space for stillness and integration. Ideal for all levels, slow vinyasa flow builds strength and awareness while promoting a deep sense of calm.

Strength and Core Yoga:

This is not your typical yoga class. We do some yoga, some core, ab training and some stretching. You will feel rejuvenated when you are done with this class as well as stronger and more flexible.

Tai Chi (pronounced “tie chee”):

This is a form of “meditation in motion.” It is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety. In this low-impact class you will perform slow, rhythmic, meditative movements designed to help you find serenity and inner peace. The movements are gentle and not strenuous. You go without pausing through a series of motions named for animal actions – for example, “white crane spreads its wings” – or martial arts moves, such as “box both ears.” As you move, you breathe deeply and naturally, focusing your attention on your body sensations. In Tai Chi the movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be adapted for anyone!

Vinyasa Yoga Flow:

This is a vinyasa class with a dynamic, flowing style of yoga where movement is closely linked to the breath. Poses transition smoothly, often in a quicker sequence, creating a rhythm that feels almost like a moving meditation. Classes usually begin with a breath awareness and a warm-up, then build heat through repeated sun salutations and standing sequences like Warriors, Lunges, and Planks, moving steadily with each inhale and exhale. As the practice progresses, students move through a mix of strength-building poses, balances, and deeper stretches. The pace is more vigorous than in a slow flow, offering cardiovascular benefits and increased stamina. The class wraps up with a cool-down and Savasana. Regular vinyasa is great for improving flexibility, strength, coordination, and mental focus, often leaving practitioners feeling energized and grounded.

Yin & Restore Yoga:

A very gentle (on the mat) class designed to increase and improve flexibility and mobility through yin yoga and to promote health, wellness, and healing through restorative poses, breathing exercise and meditation techniques.

Yoga and Pilates:

This is a Yoga/Pilates Fusion class, pairing the ancient asanas of Yoga and core centered movement of Pilates.

Yoga Sculpt:

Yoga Sculpt is a high-energy fusion of yoga and strength training, designed to tone muscle, boost metabolism, and increase endurance. It combines traditional yoga poses with dynamic movements like squats, lunges, bicep curls, and Pilates work - often using light hand weights, resistance bands or sliders. After a brief warm-up and sun salutations, the class moves into slow and controlled strength-based sequences that target major muscle groups, incorporating reps and pulses to intensify the workout. The session ends with a cool-down and yoga-based stretching to restore flexibility and balance. Yoga Sculpt is ideal for those looking to blend mindfulness with a challenging, full-body workout and it is designed for the beginner participant.

The SilverSneakers Program

Enjoy programs designed for older adults, using a unique combination of fitness and social activities to empower participants to take control of their well-being. Classes are low impact and easy to follow. Meet new people or go with friends. The SilverSneakers community is a welcoming community.

SilverSneakers Classic:

Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support – class can be modified depending on fitness levels.

SS Strength/Cardio:

Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance. This is a higher intensity class than Classic SilverSneakers.

CrossFit Programs

CrossFit:

Training program that emphasizes functional fitness thru the combination of weightlifting, cardio exercise, and bodyweight movements at high intensity. Workouts change daily and can be scaled to all fitness levels.

Rowing:

This is a low impact class that targets cardio fitness endurance and coordination for all fitness levels. It emphasizes proper rowing technique through steady-state rowing and high intensity intervals for full body conditioning.