

Drew Wellness Center Group Fitness & Gym Schedule

May 2026 – No Water Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15am Rise & Shine Yoga <i>Olivia - GroupX Room</i>	6-6:45am Cardio Strength Intervals <i>Donna - Gym</i>	6:15-7:15am Rise & Shine Yoga <i>Olivia - GroupX Room</i>	6-6:45am Cardio Strength Intervals <i>Donna - Gym</i>	8:45-9:45am Chair & Zumba <i>Lisa - Gym</i>	8:15-10:15am Pickleball <i>Gym</i>
8:15-9am Pilates <i>Olivia - GroupX Room</i>	7:15-7:45am Walking Intervals <i>Donna - Gym</i>	8:15-9am Pilates <i>Olivia - GroupX Room</i>	7:15-7:45am Walking Intervals <i>Donna - Gym</i>	9-9:45am Balance + Strength <i>Olivia - GroupX Room</i>	8:15-9am Get H.I.I.T. <i>AJ - GroupX Room</i>
9-9:30am Move Well Age Well <i>Donna - Gym</i>	8:30-9am Chair Strength <i>Valentine - Gym</i>	9-9:30am Move Well Age Well <i>Donna - Gym</i>	8:30-9am Chair Strength <i>Valentine - Gym</i>	9:45-10:45am Chair Volleyball <i>Gym</i>	9-10am Breathe <i>Donna - GroupX Room</i>
9:30-10am Strong & Steady <i>Donna - Gym</i>	9-9:30am Chair Yoga <i>Valentine - Gym</i>	9:30-10am Strong & Steady <i>Donna - Gym</i>	9-9:30am Chair Yoga <i>Valentine - Gym</i>	10-10:45am Yoga Restore <i>Olivia - GroupX Room</i>	10:30-11:30am Zumba <i>Peaches - Gym</i>
10-11am Chair Volleyball <i>Gym</i>	10-11am Zumba <i>Peaches - Gym</i>	10:15-11am Power Yoga <i>Adia - Gym</i>	9-9:45am Primal Movement <i>Olivia - GroupX Room</i>	10:45-11:45am Pump <i>Kelly - Gym</i>	
11:10-11:55am Butts & Guts <i>Adia - Gym</i>	11am-12pm Tai Chi <i>Peter - Gym</i>	11:10-11:55am Butts & Guts <i>Adia - Gym</i>	9:45-10:30am Functional Fitness <i>Olivia - GroupX Room</i>	11-11:45am Pilates <i>Valentine - GroupX Room</i>	
12-12:45pm Deep Stretch <i>Adia - GroupX Room</i>	12- 1pm Restorative Yoga <i>Winifred - GroupX Room</i>	12-1pm Exhale <i>Rebekah - GroupX Room</i>	9:45-10:30am Barre <i>Adia - Gym</i>	12-1pm Slow Flow Vinyasa <i>Valentine - GroupX Room</i>	
1-1:30pm Barre Xpress <i>Adia - Gym</i>	12-12:45pm Barre <i>Adia - Gym</i>	12:15-1:15pm Soul Line Dancing <i>Kelly - Gym</i>	11am-12pm Tai Chi <i>Peter - Gym</i>	12-1pm City Employee Hoops <i>Gym</i>	
5-5:40pm H.I.I.T & Lift <i>Valentine - Gym</i>	2-4pm Pickleball <i>Gym</i>	5-5:40pm H.I.I.T & Lift <i>Valentine - Gym</i>	12-1pm Restorative Yoga <i>Winifred - GroupX Room</i>	1-1:30pm Meditation <i>Valentine - GroupX Room</i>	
5:50-6:20pm Pilates Xpress <i>Valentine - GroupX Room</i>	5-5:30pm CORE-Strong <i>Kelly - GroupX Room</i>	5:50-6:20pm Pilates Xpress <i>Valentine - GroupX Room</i>	2-4pm Pickleball <i>Gym</i>		
5:50-6:50pm Zumba Toning <i>Peaches - Gym</i>	5:30-6pm Socalates <i>Kelly - GroupX Room</i>	5:50-6:50pm Zumba <i>Peaches - Gym</i>	6-7pm Restorative Yoga w/ Sound Bath <i>Adia - GroupX Room</i>		
6:30-7:30pm Slow Flow Vinyasa <i>Valentine - GroupX Room</i>	6:15-6:45pm Step Xpress <i>Kelly - GroupX Room</i>	6:30-7:30pm Restorative Yoga <i>Valentine - GroupX Room</i>	5:50-6:50pm Zumba Toning <i>Peaches - Gym</i>		
	6:30-7:15pm Get H.I.I.T. <i>AJ - Gym</i>		7-8pm Soul Line Dancing <i>Maxine - Gym</i>		
				Pop-Up Sunday Classes	
				1 st Sunday, May 3 rd Yoga Lab: Dancer	<i>Valentine - GroupX Room</i> 2:30 - 3:30pm
				3 rd Sunday, May 17 th Sound Bath	<i>Adia - GroupX Room</i> 4 - 4:45pm
					Last Updated 4/21/26

DWC Group Fitness Class Descriptions

Please sign in before all classes. Must be 15 to participate (Ages 12-14 may attend with an adult present).

Arrive early to speak with the instructor for questions and injury modifications.



Chair: For the active older adult who wants to improve muscle strength and joint mobility with low impact exercises done in a chair or standing. Join us for a variety of exercises to help you move towards a healthier way of living.

Chair Volleyball: Same game but smaller court and bigger ball, your “fanny” can’t leave the seat!

Move Well Age Well: Enhance your flexibility, strengthen your core and build stamina with movements designed for range of motion, posture and endurance.

Strong & Steady: Low intensity strength training with movements for core stability.

Balance + Strength: Exercise focus on fall prevention, posture and stability through simple and effective drills. *Chair and Wall support options available.*

Walking Intervals: Gentle walking sessions that provide flexibility, mobility and strength that helps you step with confidence.

Functional Fitness: A mix of mobility exercises to increase range of motion and balance, along with functional fitness movements that strengthen and build the core.

Get H.I.I.T. (High Intensity Interval Training): A 45 min workout that alternates between short bursts of intense exercise with brief recovery periods. Weights and bands used in this high energy class.

Primal Movement: This low-impact functional, holistic movement class combines yoga, Pilates, mobility exercises, and mindful strength training to awaken the body’s intuitive coordination.

Pump: Dumbbell based resistance training class that will tone and strengthen your entire body with added cardio bursts. **Xpress Version is 40mins.**

Step: Cardio and weight training movement based 30-45 min. class using a riser/step.

Cardio Strength Intervals: A mix of creative exercise circuit training with lots of positive motivation joined with safe mobility exercises.

CORE-Strong: This class focuses on strengthening all sections of the core using Pilates and yoga style functional exercises, as well as weights.

Butts & Guts: A fun & energizing class that focuses on glutes & core strength through floor & standing work and a little cardio!

Barre: A unique fusion of pilates, yoga, & ballet intended to strengthen muscle groups.

Pilates: A series of low impact, controlled movements that focus on flexibility, balance and strengthening with an emphasis on the muscles of the torso.

Xpress: Get all the fun of your favorite classes in a condensed form. This variation of all classes will be a shortened 30min version of the class unless otherwise stipulated.

Breathe: Blended stretching stability, strength, flowing movements with core combinations.

Exhale: This Yoga based class embraces elements of Tai Chi & Pilates that will increase your total-body flexibility, balance, core strength and stability ... all to the flow and tempo of the music.

Restorative/Deep Stretch: gentle, restful & relaxing. Poses are held effortlessly, on the floor & held for longer durations (3-5min).

Slow Flow Vinyasa Yoga: Yoga for body, mind and soul with an emphasis on breath and alignment. Improves muscle tone, flexibility, strength, and circulation as you move through various restorative and energizing poses.

Power Yoga: A strength-based yoga system that moves participants through a high-energy flow. Medium Intensity body weight exercises may be incorporated into this energetic class.

Meditation: A breath and mindful focused class guided by the instructor to practice inner stillness, connect with a deeper self and promote a sense of peace and tranquility.

Sound Bath/Healing: A meditative experience where you are immersed with the sounds and vibrations of singing bowls to relax the body, reduce stress, and promote healing.

Rise & Shine Yoga: Start your day with a mindful workout focused on realigning the body emphasizing posture, strength, flexibility, balance, and stability.

Tai Chi: A low-impact series of slow, gentle, and precise movements performed in a continuous sequence that emphasizes mindful awareness of body and breath, promoting balance, relaxation and a sense of calm.



Socalates: Do you enjoy Soca, reggae and tribal music? Feel the rhythm in this class that incorporates primal movement, tribal dance, and core strengthening Pilates as well as some elements asana yoga. The class also includes elements of balance, stretching and mindfulness.

Soul Line Dance: Line dances such as the Wobble, Cupid Shuffle, or Bikers Shuffle may feel similar to country line dances except they are danced to soul, R&B, gospel, or pop music. These moves are easy for all levels so come join the celebration!



Zumba®: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Zumba® Toning: is a combination of Dance and Weight Training.

Aqua-Fit: A mid-level intensity, *Shallow Water* class that improves cardiovascular conditioning and muscular endurance. Balance, flexibility, and strengthening exercises make this class ideal for protecting lower limb joints and relieving arthritis pain and stiffness.

Aqua Zumba®: It’s a “pool party” workout for all ages! This is a challenging water-based workout is definitely not your typical water workout! Shake, shimmy and sizzle in the water as we create some heat, Zumba Style! *Shallow Water*



Aqua Yogalates: Low intensity Pilates with Yoga stretching and breathing in water. *Shallow Water*

Cardio Waves: High-energy *Shallow Water* fitness class that will get your heart pumping with non-stop cardio fun.

Deep Water Weights: Total body *Deep Water* workout challenges your strength and range of motion with NO IMPACT! Floatation belts & water weights will be used. Low to moderate intensity and is great for

PRE-NATAL EXERCISE!



Deep Water H.I.I.T. Xpress: All the challenge of our *Deep Water* class, with a High Intensity Interval Training format. **Xpress Version is 45mins.**

Water Wox: An energetic *Shallow Water* fitness class building strength and resistance endurance with aerobic endurance, with great music added, you can’t go wrong!

Water Warriors: An all-level *Shallow Water* aerobics class that will take your water fitness to the next level with challenging strength and core conditioning exercises, along with heart elevating cardio movements.