

Nazareth Group Exercise Class Descriptions

AQUA CLASSES

AQUA SURGE - Dive into an invigorating workout with our Aqua Surge class! This high-energy water fitness session combines cardio, strength training, and flexibility exercises, all set to upbeat music. Using the natural resistance of water, participants will engage in a variety of movements designed to tone muscles, boost endurance, and enhance overall fitness, while minimizing impact on the joints.

AQUA TONE & STRETCH - Increase muscle definition, burn calories, improve flexibility as well as overall feeling better. Leave feeling refreshed, stretched and energized.

SILVER SNEAKERS SPLASH - SPLASH offers lots of fun and shallow water moves to improve flexibility and cardio endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination.

LAND CLASSES

AOA FITNESS - Focuses on strengthening muscles and increasing range of movement for daily life activities. Class will use a variety of exercise equipment including hand weights and bands. A chair is used for seated exercises or standing support.

CIRCL Mobility™ - Rooted in functional movement science, CIRCL Mobility™ emphasizes flexibility, breathwork, and mobility exercises, offering participants the chance to RELEASE, RESTORE, and RENEW

CYCLE - Our instructors will take you on a journey that includes standing and endurance rides, hills, climbs, intervals and sprints.

HIIT - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

MUSCLE MAX This class will challenge your muscular strength, endurance and stamina. A variety of strength training techniques will be utilized to challenge your entire body. Muscle Max will boost your metabolism by helping you increase lean muscle mass.

PUMP IT - Designed for toning and defining muscles using low weight and higher repetitions. Each block of music will concentrate on a specific muscle group working the total body.

SEATED STRENGTH & BALANCE - Enhance your strength, stability, and confidence with this gentle, chair-based workout designed for all fitness levels.

SPIN & SCULPT - This class combines everything you love about spinning with the benefits of strength training for a complete full body workout.

SILVER SNEAKERS CLASSIC - focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

TOTAL BODY STRENGTH - This class is designed to challenge and transform your entire body! This dynamic workout combines compound movements and functional exercises to engage all major muscle groups, enhancing strength, stability, and endurance.

YOGA | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

YOGA FUSION - Yoga Fusion combines the calming flow of yoga with the strength and intensity of

other fitness modalities to create a unique, full-body workout. This class seamlessly blends traditional yoga poses with elements of Pilates, strength training, and functional movement, offering a dynamic and balanced workout.