

## Nazareth Group Exercise Class Descriptions

### AQUA CLASSES

**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

**BARRE FUSION** | This class combines the best of Barre adding in elements of Pilates, yoga, dance and more created with a focus on fine-tuning your muscles.

**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.

**SILVER SNEAKERS BOOM MUSCLE** - This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

**SILVER SNEAKERS CIRCUIT** - focuses on combining standing strength training with non-impact cardio through a series of exercises using weights, resistance tubing, and a small ball, with a chair for support, aiming to boost heart health, balance, strength, and coordination.

**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.

**STRENGTH & BALANCE** - This class focuses on improving overall strength, stability, and coordination to help you move with confidence in everyday life. Through a mix of controlled strength exercises, balance work, and gentle mobility movements, participants build muscle, improve posture, and reduce the risk of falls.

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

**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.

