

Nazareth Powerhouse

Group Fitness Class Description

20/20 & Total Body Strength: This class incorporates 20 minutes of indoor cycling, 20 minutes of cardio kick topped off with Total Body Strength training. You will experience, with the warm-up and cool-down, 50 minutes of cardiovascular training. Then move into a total body strength-training program to help build muscular endurance and strength using an eclectic array of dumbbells, barbells, bands, and/or other resistance tools to help achieve a well-rounded strength training routine. This class is 1 hour and 15 minutes in length.

Beginners Indoor Cycling: A class that helps beginning indoor cyclists get comfortable on the bike, learning their individual bike settings, along with a feel for class design. This class is 45 minutes in length and can take you through hills, flats, pace drills, and wherever else the instructor takes you. Each bike is equipped with its own resistance control so each participant can select his or her own level of intensity. It is important to bring water and go at your own pace. Our bikes are equipped with cages and SPD pedals for those members who choose to purchase cycling shoes to take their ride to the next level. This class is for all levels. Experienced cyclists can come a long for the ride and get a great workout by challenging themselves by increasing resistance, pace or finding their own way to increase the intensity of their ride.

Boot Camp 101: Get ready to hustle. We will be moving through obstacle courses to challenge our overall endurance and strength training, along with speed and power exercises, and agility and plyometric drills. In this class, you will receive a challenging, fun, effective exercise experience. Enjoy the camaraderie of each other and come out for the challenge. As difficult as this class may seem, beginners can join in and go at their own pace.

Cardio Kick: Come and enjoy a great class that incorporates martial art moves in a group fitness atmosphere. Along with challenging ones cardiovascular endurance, this class is designed to strengthen your muscles, stabilize the core and develop ones balance while moving to motivating music.

Circuit Training: Experience the next level of training. This class is a cardiovascular workout with a little twist. Go through a great course of interval cardio stations. These stations may use body weight resistance along with explosive power moves to help increase workload and intensity. It's a fun and challenging way to get moving.

Indoor Cycling: Indoor Cycling is a group cycling cardio class. It is a sport specific, non-competitive, individually paced ride that is designed to promote health and well-being. This workout is non-impact and as simple as riding a bike, so participants of all ages and ability levels can enjoy it. The class offers the latest cardio workout combined with great music and plenty of motivation.

Indoor Cycling & Total Body Strength: Come and enjoy a great class that combines Indoor Cycling and Strength Training. Members will enjoy a challenging cardiovascular workout ending in a maximizing strength training routine. This class is 1 hour and 15 minutes in length.

Pilates: Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility, and strengthen the body from the inside out. This class is designed to improve flexibility, coordination, and posture, as well as increase awareness of proper body alignment and breathing. Pilates is also designed to strengthen abdominal, leg, back and gluteus maximas muscles. This class is suitable for all levels of participants.

Pilates Yoga Fusion: This class incorporates both Pilates and Yoga moves to help increase core stability, strength, and balance, while increasing flexibility of the body. During this class, you will experience the movements of Pilates, which will help increase strength in the core as well as the legs, back, and the gluteus maximas muscles. Along with the fluid poses of Yoga, which strengthen and balance the body, this class is for all levels of participants. Come and enjoy this fusion of two soothing forms of fitness.

Power Yoga: Yoga for all fitness levels. Learn and perfect poses to build flexibility, strength, balance, breathe awareness and focus. This class is a more physically strenuous form of yoga that uses power moves and occasionally weights (known as iron yoga).

Total Body Strength: Increase your muscular endurance and lean muscle by joining us for a great group weight-training program. This class will incorporate hand weights, free weights, body bars, resistance bands as well as ones own body weight to help members tone and shape their muscles. Class design will focus on the major muscle groups with proper form, technique, and applying appropriate resistance levels to achieve your own individual goals. This class is for all levels of training.