




Group Exercise

2019 Schedule

Changes Effective
Monday, June 3

Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:45 AM Step & Sculpt Andria	11:00-11:15 AM Core Strength (15 min) Leo 11:15 AM -12 PM Work It Circuit Leo	11:00-11:45 AM *Indoor Cycle Brittany	11:00-11:15 AM Core Strength (15 min) Brittany 11:15 AM - 12 PM Strength and Tone Brittany	11:00-11:45 AM Back 2 Basics Staff
12:00-12:45 PM *Indoor Cycle Leo	12:10-12:55 PM Cardio Dance Heather	12:00-12:45 PM Strength and Tone Leo	12:10-12:55 PM Yoga Jessica	12:00-12:45 PM *Indoor Cycle Staff
1:00 PM **Karate Master Batiste	1:05-1:50 PM Triple Threat Brittany	1:00-1:45 PM Yoga Jenna	1:00 PM **Karate Master Batiste	 Follow Us @COHOFitness

Phone: (202) 482-0437

Email: cohofitness@teamcfw.com

Web: COHOfitness.com

* Indicates Reservation Required. Call in at x20437 to reserve a bike.

** Indicates Fee for Service

Class

Descriptions

Work It Circuit

This class is a total body workout! We will use resistance and cardio training techniques to improve endurance and help you build strength. Circuit training allows you to fit a variety of movements into your workout-- meaning a full body challenge, and none of the boredom that can come with repetitive exercises.

Strength and Tone

Designed to strengthen, tone, and balance the body, this class will take you through a slow burning workout. This is a moderate intensity, low-impact class that will utilize high volume training.

Indoor Cycling

Challenge yourself with this ride! No wind, no rain, no scorching sun. This heart pumping class will give you a great cardiovascular and full body workout with the guarantee you'll sweat! Be sure to bring your towel and water bottle!

Reservations Required

Cardio Dance

Give your heart the workout it needs with this dance based cardio class. Get the feet moving, heart pumping, and feel the beat of the music as you shake the stress of the day away.

Back 2 Basics

Let's get back to the basic exercises that help us move better. This low impact and low intensity class format will help build a strong foundation for any movement! This class has a focus on three main things; mobility, flexibility, and muscle activation! The target of the class is to improve strength, balance, posture, and so much more!

Policies for Classes Requiring Reservation (Indoor Cycling)

Cycle classes accommodate 11 participants

Participants may call to reserve a spot no more than 30 minutes in advance.

Cycle Bikes will become available to stand-by members, if there are any "no-show" members.

Participants are responsible for wiping down their equipment after class.

Core Strength

Come down to the group exercise studio for a quick 15-minute core workout! This class focuses on a unique blend of tri-plane movement sequences using body weight and training tools for a complete approach to core training. You'll be fit to the core before you know it! *15 min.*

Step & Sculpt

This high energy interval class incorporates heart-pumping step routines with strength training to give you a complete full body workout.

Triple Threat

Want to combine three workouts conveniently into one 45-minute class? Then Triple Threat is for you! This fast-paced, fat-burning workout is a combination of strength training, cardio drills and core conditioning. Triple Threat will leave you breathless and coming back for more!

Yoga

Get in touch with your mind, body, and spirit through controlled breathing exercises. Exercises are modified to suit all fitness levels including beginner, intermediate, and advanced.

Karate

Train with Rod Batiste to master the art of karate. Master Batiste works with his students to develop the fundamentals, learn self-defense, and provides you with a full body workout. For details about pricing, call (703)-241-9272.

Group Exercise Class Policy

Please do not enter the group exercise studio until the preceding class is finished.

Classes will run with at least 2 participants. If only 1 person is in attendance, class will be cancelled.

Please follow all safety instructions provided by the instructor, including technique regarding the use of equipment.

Please do not talk during class or enter the group exercise room more than five minutes late.

If you choose not to follow the routine of the instructor, please move to the back of the room so as not to distract the instructor and those participants who are following.

All classes will be 45 minutes in length, unless otherwise noted, allowing time to return all equipment to its properly designated place and allowing the next class to start on time.

Please bring all questions/suggestions directly to the attention of the instructor or the Program Manager.