



Group Exercise

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
11:00 AM Step & Sculpt Andria	11:00 AM Fast Abs (15 min) Emily 11:20 AM *Indoor Cycling Emily	11:00 AM Step & Sculpt Emily	11:00 AM Fast Abs (15 min) Jess 11:20 AM *Indoor Cycling Jess	11:00 AM Body Blast Team
12:00 PM HIT Emily	12:10 PM Cardio Tone Heather	12:00 PM Body Blast Jess	12:10 PM PiYo Heather	12:00 PM *Indoor Cycling Team
1:00 PM **Karate Master Batiste	1:00 PM Calorie Crusher Jess	1:00 PM Yoga Amy	1:00 PM **Karate Master Batiste	 Follow Us @COHOFitness

Phone: (202) 482-0437

Email: cohofitness@corporatefitnessworks.com

Web: COHOfitness.com

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

** Indicates Fee for Service

Class

Descriptions

H.I.T.

Join this high intensity class that incorporates speed, agility, plyometrics, strength and conditioning in a 45 minute choreographed format.

Step & Sculpt

This high energy interval class incorporates heart-pumping step routines with strength training to give you a complete full body workout. 45 min.

Body Blast

A heart pounding, total body workout focusing on all major muscle groups using resistance bands, free weights, stability balls, and other fitness equipment. 45 min.

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 a guarantee to sweat, so bring your towel and water bottle! 45 min.

Reservations Required

Cardio Tone

You will get the best of toning, cardio, and core in one well-rounded 45 minute class. This fitness fusion combines light weights and cardio to get that heart rate up and muscles burning.

PiYo

This class is a low-intensity, fat-burning workout that fuses both Pilates and Yoga in one. You'll achieve the muscle sculpting benefits of Pilates; along with flexibility and strength components of yoga.

Policies for Classes Requiring Reservation (Indoor Cycling)

Cycle classes accommodate the following number of participants: 11

Participants may call to reserve a spot no more than 20 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.

Fast Abs

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

Calorie Crusher

Come experience how High Intensity Interval Training (H.I.I.T.) can help you burn up to 500 calories during each class! You will gain all-over muscular strength and definition through cardio and strength intervals that target all muscle groups. You will burn fat, gain muscle and all-around physical fitness. 45 min.

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.

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. 45 min.

Group Exercise Class Policy

Please do not enter the aerobics room 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.

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 concerns directly to the attention of the instructor or the Center Director.