



Group Exercise Schedule 2020



Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-11:45am Step & Sculpt Andria	11:00am-11:15am Core Strength Leo 11:15am -12:00pm Work it Circuit Leo	11:00am-11:30am *High Cadence Cycle Elise 11:40am-12:10pm Low-Impact Cardio Elise	11:00am-11:15am Butts and Guts Elise 11:15am-12:00pm Cardio Dance Anya	11:00am-11:30am Strength and Mobility Leo 11:35am -12:05pm Cardio-Blast Elise (Specialty class every 2 Friday)
12:15pm-1:00pm *Indoor Cycle Leo	12:15pm-1:00pm Strength and Tone Leo	12:15pm-1:00pm Strength and Tone Leo	12:15pm-1:00pm Yoga Jessica	12:15pm-1:00pm *Indoor Cycle Elise
1:05pm-2:05pm **Karate Master Batiste	1:05pm-1:50pm Triple Threat Elise	1:05pm-1:50pm Yoga Jenna	1:05pm-2:05pm **Karate Master Batiste	Visit Us At: COHOFitness.com

Phone: (202) 482-0437
 Email: cohofitness@teamcfw.com

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

** Indicates Fee for Service

Class Descriptions

Work it Circuit

Take your cardiovascular endurance and total body strength to the next level with this mixture of high intensity cardio intervals and strength circuits. Working every muscle group in the body you'll be sure to get your heart pumping and muscles worked with this high intensity class.

Step & Sculpt

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

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 a guarantee to 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.

High Cadence Cycle

This 30-minute spin ride will challenge your cardio system with speed drills, and fast pace intervals. You are guaranteed to get the most out of your ride with this high intensity cycle class. **Reservations Required**

Cardio Blast

This 30-minute class is a high-energy cardiovascular workout using various formats and equipment.

Policies for Classes Requiring Reservation (Indoor Cycling)

Cycle classes accommodate the 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 strengthening 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.*

Triple Threat

Want to combine three workouts conveniently in 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!

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.

Butts and Guts

A group exercise class dedicated to toning your glutes and core with targeted movements.

Strength and Mobility

Not only will this 30-minute class strengthen your muscles and joints but will also increase range of motion and improve body awareness when exercising.

Low-Impact Cardio

This 30-minute class will work your cardio system while alleviating stress on your joints. This class is also for beginners who are wanting to ease back into their fitness regimen.

Group Exercise Class Policy

Please do not enter the group exercise 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 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 concerns directly to the attention of the instructor or the Program Manager.