




# Group Exercise

# Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11:00 AM</b> <b>Step &amp; Sculpt</b> <b>Andria</b>	<b>11:00 AM</b> <b>Express Core (15 min)</b> <b>Brittany</b> <b>11:20 AM</b> <b>*Indoor Cycle</b> <b>Brittany</b>	<b>11:00 AM</b> <b>Step &amp; Sculpt</b> <b>Brittany</b>	<b>11:00 AM</b> <b>Express Core (15 min)</b> <b>Shayla</b> <b>11:20 AM</b> <b>*Indoor Cycle</b> <b>Shayla</b>	<b>11:00 AM</b> <b>Boot Camp</b> <b>Team</b>
<b>12:00 PM</b> <b>HIT</b> <b>Brittany</b>	<b>12:10 PM</b> <b>Cardio Dance</b> <b>Heather</b>	<b>12:00 PM</b> <b>Total Body Toning</b> <b>Shayla</b>	<b>12:10 PM</b> <b>Yoga</b> <b>Jessica</b>	<b>12:00 PM</b> <b>*Indoor Cycling</b> <b>Team</b>
<b>1:00 PM</b> <b>**Karate</b> <b>Master Batiste</b>	<b>1:05 PM</b> <b>Calorie Crusher</b> <b>Shayla</b>	<b>1:00 PM</b> <b>Yoga</b> <b>Hannah</b>	<b>1:00 PM</b> <b>**Karate</b> <b>Master Batiste</b>	 <b>Follow Us</b> <b>@COHOFitness</b>

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\* 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 choreographed format. You'll be burning more calories hours after this workout!

## Step & Sculpt

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

## Total Body Toning

Designed to strengthen, tone, and balance the body, this class will take you through a slow burning workout. Participants will focus on form and precision as they follow through a sequence of upper body, lower body and core exercises integrated with balance training to become more stabilized. This is a moderate intensity, low-impact class.

## 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.

## Boot Camp

Experience a workout that targets the whole body. From circuit-style routines to creative muscle toning exercises using a variety of weights and tools, this class will challenge you and make you sweat! Participants will benefit from cardio and resistance training in one short class!

### 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 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.

## Express Core

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.*

## 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 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.

## 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.

### 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 Program Manager.