



COHO FITNESS

GEX schedule during telework

MONDAY

Video Recorded
 Total Body Conditioning
Posted after 12pm

TUESDAY

Live Workout
Work it Circuit + Core
11-11:45am

WEDNESDAY

Live Workout
Cardio Blast
12-12:30 pm

THURSDAY

Live Workout
Strength and Tone
11-11:45am

FRIDAY

Live Workout
Mobility + Breathing
11am - 11:20am