COHO FITNESS CENTER

Group Exercise 2019 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:45 AM Step & Sculpt Andria	11:00-11:15 AM Core Strength (15 min) Staff 11:15 AM -12 PM Cardio Explosion Staff	11:00-11:45 AM *Indoor Cycle Brittany	11:00-11:15 AM Core Strength (15 min) Brittany 11:15 AM – 12 PM Triple Threat Brittany	11:00-11:45 AM Functional Friday's Staff
12:00-12:45 PM *Indoor Cycle Staff	12:10-12:55 PM Cardio Dance Heather	12:00-12:45 PM Strength and Tone Staff	12:10-12:55 PM Yoga Jessica W.	12:00-12:45 PM *Indoor Cycle Staff
1:00 PM **Karate Master Batiste	1:05-1:50 PM Strength and Tone Brittany	1:00-1:45 PM Yoga KJ	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

Cardio Explosion

Take your cardiovascular endurance to the next level with this mixture of high intensity cardio intervals, plyometrics and calisthenics. Working every muscle group in the body you'll be sure to get your heart pumping

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.

Functional Friday's

Come test your functional fitness every Friday through the rest of the year. Each week will follow a different theme: agility, muscular endurance/power, balance, and flexibility.

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.

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 forty-five 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.

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 or enter the aerobics 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.