



COHO Fitness Center NEWSLETTER

MARCH 2024

MOVEMENT MATTERS

HOURS OF OPERATION: 24/7

STAFFED HOURS:

Mon, Tues, Thurs, Fri:

8 am - 4:30 pm

Wed: 6:30 am - 3 pm

CONTACT THE TEAM:

cohofitness@teamcfw.com

202-482-0437

PAGE 1:

x Five Movement Facts!

x March Programs!

x Stay in the Know!

PAGES 2 - 6:

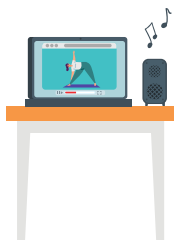
x Tips from Your Trainer!

x Group Exercise Schedule

x March Program Flyers

Five Movement Facts You May Not Have Known!

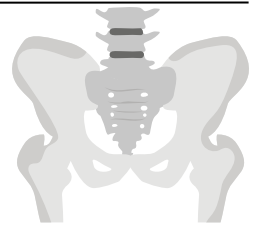
1. Strength training continues to burn fat long after the workout is done!
2. According to research, music can improve the quality of your workout.
3. A longer workout isn't necessarily a better workout; quality over quantity!
4. Regular exercise can reduce fatigue.
5. Exercise and movement can improve your focus, concentration, and memory!



March Programs!

Healthy Hips Workshop!

This 30-minute interactive and educational workshop will cover basic hip anatomy, flexibility, muscle strength, and exercise technique.



Every Hour on the Hour:

Participants will be given 1-2 exercises with a set number of repetitions to complete at the beginning of every hour throughout the work day.

Stay in the Know!

Check out **pg. 3** for more information on the March *Movement of the Month* (MOM), healthy recipes, exercise myths, and helpful fitness education to help you stay moving this month!

Tips from your Trainer

Mobility Matters! Just 5 minutes before and after your workout will:

- Improve performance
- Reduce muscle soreness
- Lower your risk of injury



Trainer Tip: Focus your warm-up on the body parts most used in your upcoming workout with a dynamic flow. During the cool-down, concentrate on lengthening your fatigued muscles with slow static stretches that promote muscular elasticity and lengthening.

Want to take your mobility to the next level? Schedule a complimentary movement screening with a certified trainer this month and make your movements matter this year!

[Click here to get started!](#)

FREE FIT-CHECK

MARCH 4-15

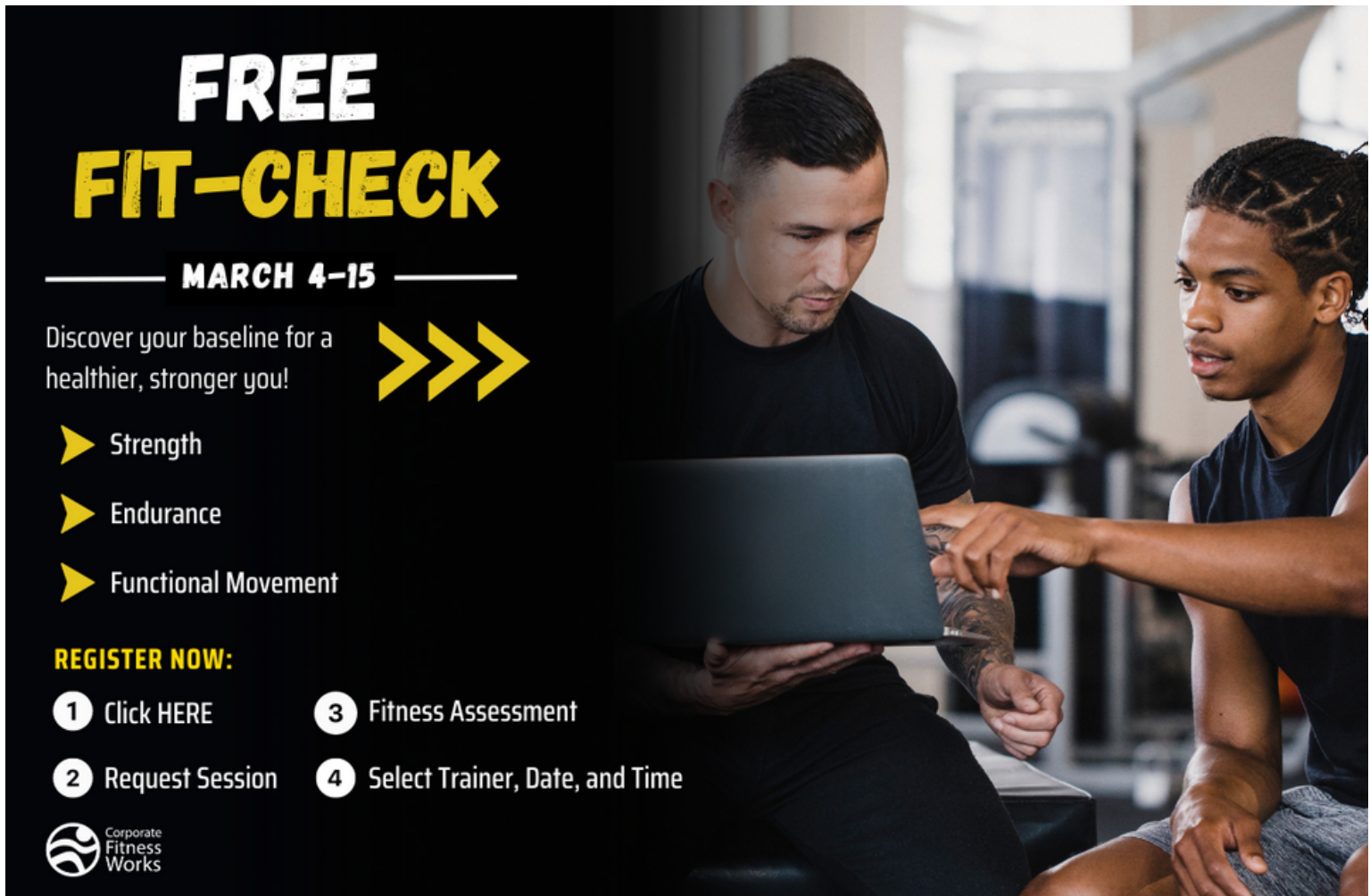
Discover your baseline for a
healthier, stronger you!



- ▶ Strength
- ▶ Endurance
- ▶ Functional Movement

REGISTER NOW:

- 1 Click [HERE](#)
- 2 Request Session
- 3 Fitness Assessment
- 4 Select Trainer, Date, and Time



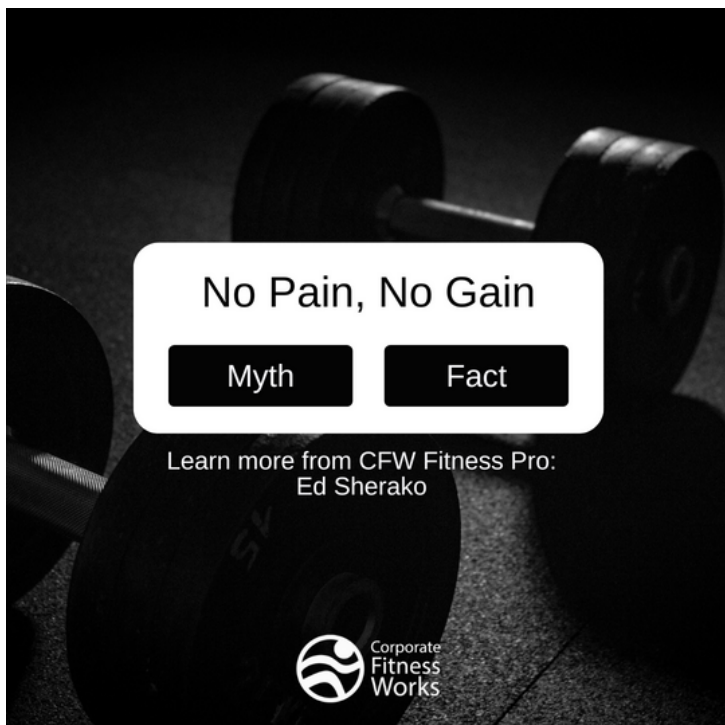
Stay in the Know



[Check it Out!](#)



[Get the Recipe](#)



[Learn More](#)



[Read More](#)



Group Exercise Schedule

MON

FOD Content
(member choice)

TUE

**Mobility &
Flexibility w/
Menna**

12:30 - 1:00 pm

WED

**Strength &
Conditioning w/
Menna**

12:15 - 12:45 pm

THU

Indoor Cycling
w/ Menna

12:15 - 12:45 pm

*(pre-registration
REQUIRED)*

FRI

FOD Content
(member choice)

Please register for live classes in advance by emailing Cohofitness@teamcfw.com!

****(FOD) - Fitness on Demand - COHO's FOD service can be utilized by members anytime there is no live group exercise class taking place.***

EVERY HOUR ON THE HOUR!



MARCH 11 - 29, 2024

Participants will be given 1-2 exercises with a set number of repetitions to complete at the beginning of every hour throughout the work day.



**Email us at
cohofitness@teamcfw.com
to register!**



Healthy Hips Workshop!

Thursday, March 14
and
Tuesday, March 26

9:00 - 9:45 am

COHO Fitness Center
Group Exercise
Studio

Topics Covered:

- **Basic Hip Anatomy**
- **Hip flexibility**
- **Hip muscle strength**
- **Exercise Technique**

Email us to Register!

Pre-Registration required.

cohofitness@teamcfw.com