



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.