











\$5 For Guests* – Always FREE For Members
TAKE 45 Class Schedule, October 3rd - October 31st

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00AM	BODYBLAST  (Resistance Workout) <i>Jenny</i>	BOOT CAMP (Resistance Workout) <i>Pam</i>	CORE'N CALM  (Core and Stretching) <i>Pam</i>	INDOOR CYCLING  (Call in 20 minutes prior) <i>Jenny</i>	BODYBLAST  (Resistance Workout) <i>Jenny</i>
12:00PM	INDOOR CYCLING  (Call in 20 minutes prior) <i>Jenny</i>	INDOOR CYCLING  (Call in 20 minutes prior) <i>Jenny</i>	BODYBLAST  (Resistance Workout) <i>Jenny</i>	ZUMBA  (International Beats) <i>Heather</i>	3-2-1 (Cardio, Strength, and Core) <i>Pam</i>
1:00		KICKBOXING  (Mixed Impact Workout) <i>Andria</i>	YOGA  (Relaxation) <i>Amy</i>		

- Classes are held in room B898C.
- Please be ON TIME for class! Do not enter more than 5 minutes after class has started.
- *Non-members may attend regular group classes at a fee of \$5.00 per class.

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Full class descriptions are available at www.COHOFitness.com.



Group Exercise Class Descriptions

Body Blast - Focuses on all major muscle groups for a total body workout using resistance bands, free weights, stability balls and other equipment. This class provides cardio and strength-training bouts for a complete workout.

Core N Calm - 30 minutes of core exercises followed by stretching. Why not just do crunches? Your body's core is the area around your trunk and pelvis. When you have good core stability, the muscles in your pelvis, lower back, hips and abdomen work in harmony. Strong core muscles make it easier to do most physical activities.

3-2-1 - A high-intensity class that integrates aerobics, resistance training, and core work into a 45 minute circuit style class. It is designed to be easy to follow and target fat loss, muscle building and cardiovascular fitness. Quick intervals make for a fun and exciting class!

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.

Basic Step Aerobics - Burn calories and maintain your weight with Step Aerobics! Utilizing an adjustable step with choreographed moves, this class helps build your endurance for a healthy cardiovascular system.

Indoor Cycling - Challenge yourself with this ride. No wind, no rain, and no scorching sun! This heart pumping class will give you a great cardiovascular & full body workout with a guarantee to sweat, so bring a towel and water bottle!

Zumba - ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Kickboxing- You'll shape your upper body with actual in-the-ring combinations, (i.e. jabs, hooks, uppercuts) as you work your legs with a series of kicks. Traditional kickboxing moves are performed continuously to develop cardiovascular fitness, agility, and quickness.