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Fitness Schedule - Fitness Forum - Fitness Forum

Beast Spinning New Body Cardio (30 Min) Spinning Zumba Gutts 'n Butts (30 Min)
Fun And Friendly Fitness Total Body Workout Zumba & Drums Timemondaytuesday
Wednesday Thursday Friday Yoga 11:15 Am Yoga 10:45 Am Yoga 11:15 Am 6:15
6:30 6:30 9:00 9:15 8:00 Yoga Yoga Tank Top Arms (30 Min) 10:30 Am Rock Bottom
(30 Min) Hot Yoga Poolside Monday To ... 3th, 2024

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8 Of 14 6. Before Doing Requirements 7 And 8, Complete The Aerobic Fitness,
Flexibility, And Muscular Strength Tests Along With The Body Composition
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Kendall/Hunt Publishing Co. Personal Fitness: Looking Good-Feeling Good. 2000.
ISBN 0787247278 Jackson, Allen W.; Morrow, James R.; Hill, David W.; Dishman, Rod
K. Human Kinetics Publishers. Physical Activity For Health And Fitness. ISBN
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