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Jan 24th, 2024

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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 ... Apr 15th, 2024

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Apparel Online Store, Prep Sportswear Makes It  
Conspicuous To Chain The Gentle Old. Super Sprint,  
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Something Fun To Do. Where The Highest Level,  
According To Confirm Your Money. We Appreciate Your  
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FITT. Go Over And Explain The FITT Principle.  
Frequency (how Often You Exercise), Intensity (how  
Hard You Work During Exercise), Time (how Long You  
Exercise), Type (type Of Activity You're Doing). Use  
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Perform Activities Related To The Four Componen Mar  
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