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Feb 20th, 2024 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
Time
Monday Tuesday 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 ... Jan 6th, 2024 Zumba Fitness Program Guide
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Alexandria, VA. Two Studio Locations With Easy Access To Both I-395 And I-495

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Anja Rossmeissl 1,* , Soraya Lenk 1, Henner Hanssen 1, Lars Donath 2, Arno Schmidt-Trucksäss 1,*
And Juliane Schäfer 1,3 1 Division Of Sports And Exercise Medicine, Department Of Sport,
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