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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 ... 2th, 2024

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- Create Or Prescribe Specific Meal Plans
- Conduct Psychological Counseling / Therapy
- Provide “nutritional Therapy” To Treat Disease
- Prescribe Extreme Practices (detoxes, Colon Cleanses)
- Go Against Recommendations Of A Healthcare Professional

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