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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 ... Feb 1th, 2024

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Do You Speak/write Any Other Language? Yes No List All Languages And Level Of Skill: Language Basic Moderate Proficient Fitness And Professional Resume Yes No Copy Of Fitness Certifications Yes No Registration To 2013 Zumba Instructor Convention In Orlando Yes No Three (3) Letters Of Recommen May 2th, 2024

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An Important Factor In The Participation Of Individuals In This Activity. This Type Of New Structured Physical Activity (Pilates, Step, Zumba, Etc.) Is More Attractive Compared To Classical Sports Activities, The Number Of Participants Increases Each Year Due To Intensive Marketing Activities And These Mar 2th, 2024

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