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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 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 ... Mar 11th, 2024 AFAA PREFERRED PROVIDER PROGRAM American Council On Exercise (ACE) (AFAA) Personal Training Workshop: Client Communication, Assessment And Program Design Workshop/Seminar 8.0 12/31/21 Wwww.acefitness.org American Council On Exercise (ACE) (AFAA) Small Group Training Workshop/Seminar 5.0 12/31/21 Wwww.acefitness.org Feb 5th, 2024 AFAA Course Catalog (rev. 12.17.19) Wwww.afa.org Continuing Education Hours Available! 3246 Noe-Bixby Road, Suite 101, Columbus, OH 43232 | 844-438-2322 ... Level 1 And 2. ... Elevator Recall, HVAC Fan Shutdown, Smoke Control/management Mar 5th, 2024.

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