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Fun And Friendly Fitness Total Body Workout Zumba & Drums Timemondaysuesday  
Wednesday Thursday Friday Yoga 11:15 Am Yoga 10:45 Am Yoga 11:15 Am 6:15  
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Knees Into Your Chest Holding One Knee Into Your Chest, Extend The Opposite Leg Upward And Lower It Like A Drawbridge Hold The Position (15-30 Sec), Don't Be Surprise If The Foot Doesn't Come Close To The Floor. Jul 2th, 2024

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There is a lot of books, user manual, or guidebook that related to Bulletproof Health And Fitness Your Secret Key To High Achievement Six Simple Steps To Success

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