

Basic Zumba Instructor Training Manual

group fitness classes effective february 10, 2019 - aerobics athletic conditioning a variety of techniques and equip-ment are incorporated to keep things interesting and challenging for your body.

register, buy a punch card, join the fun!- yoga classes: yoga: this class has it all from basic to challenging standing poses, backbends, and inversions. all postures taught in stages to make the class

an students will exhibit their work from april 1 may 8 - zumba with lakristen mon / wed zumba fanatics achieve long-term benefits while experiencing an abso-lute blast in one exhilarating session of calorie-burning, heart-racing, mus-

group exercise schedule - september 2018 - complimentary - cynthia, nancy, vivian ten-hut! designed to target the fitness components of agility, balance, coordination and speed in addition to cardio capacity.

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