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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 ... May 4th, 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 May 10th, 2024

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