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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 ... May 2th, 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 www.acefitness.org American Council On Exercise (ACE) (AFAA) Small Group Training Workshop/Seminar 5.0 12/31/21 www.acefitness.org Feb 3th, 2024 National Fire Alarm And Signaling Code - AFAA-NE - Home Nov 18, 2015 · NFPA 72-2016 Changes • Added 10.5.4 To Address Plans Examiners And Inspectors And 10.5.6 To Address Public Emergency Alarm Reporting Personnel Qualifications • Revised 10.6.5.4 To Require An Approved Breaker Locking Device • Revised 10.6.8 To Include Examples May 2th, 2024.

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