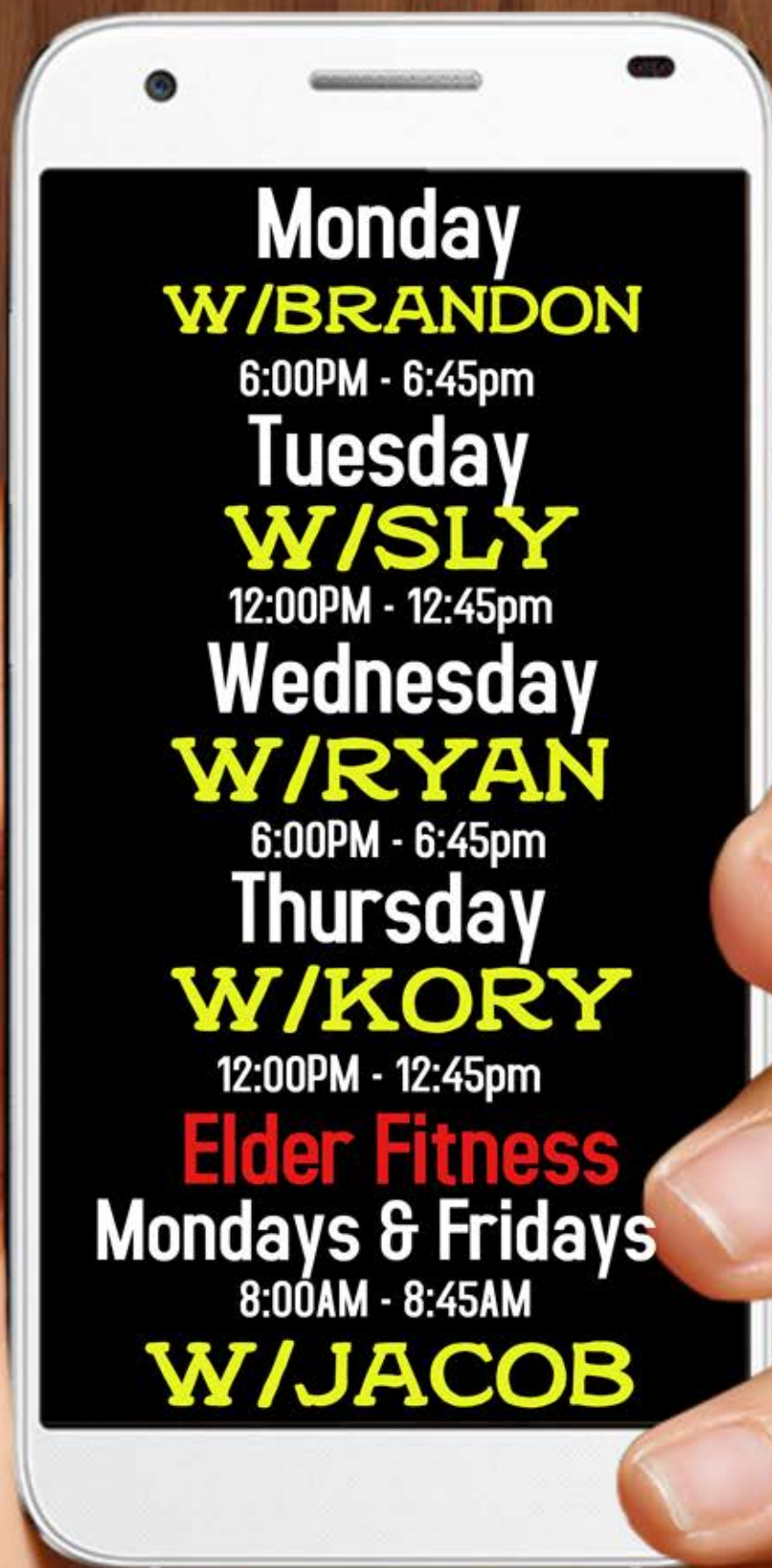


VIRTUAL WORKOUTS

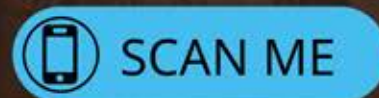


****August 2020****



zoom

Must
Pre-Register
Scan QR Code



All workouts
will be done
on the
ZOOM APP