

Exercise



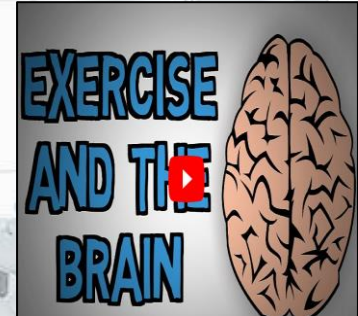
HIIT Workout



Zumba



**Cardio
Kickboxing &**



**Exercise and
the brain**



Ab Workout



**High Energy
Athletic Training**



**Hip Hop
Workout**