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## Learn Lean Yoga Based Approach Healthy Weight

**summerville family ymca - the ponds - march 2019** - class descriptions barre express: a fun mix of basic ballet inspired moves, yoga & pilates. focus of muscular endurance and core engagement to develop lean muscle and balance. **group fitness | schedule (effective 5/1/19)** - group fitness | on-site schedule (effective 5/1/19) no registration and no cost! open to employees and adult (19+) health plan members. fitness center liability form must be on file. **studio class timetable - myaspria** - technique de nage ce cours pour adultes vous permettra de perfectionner votre technique de natation et d'apprendre de nouvelles nages, avec la possibilité

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