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the class that require a great deal of control of the midsection of the body (abs and back). This has the potential to translate into a tighter more defined torso (stronger abs and back).

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My Saturday secret project is revealed! I spent all day Saturday doing my Zumba Basic 1 Training, which means that I'm now an official zumba instructor!. Be sure to scroll all the way to the end of this post for more useful

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