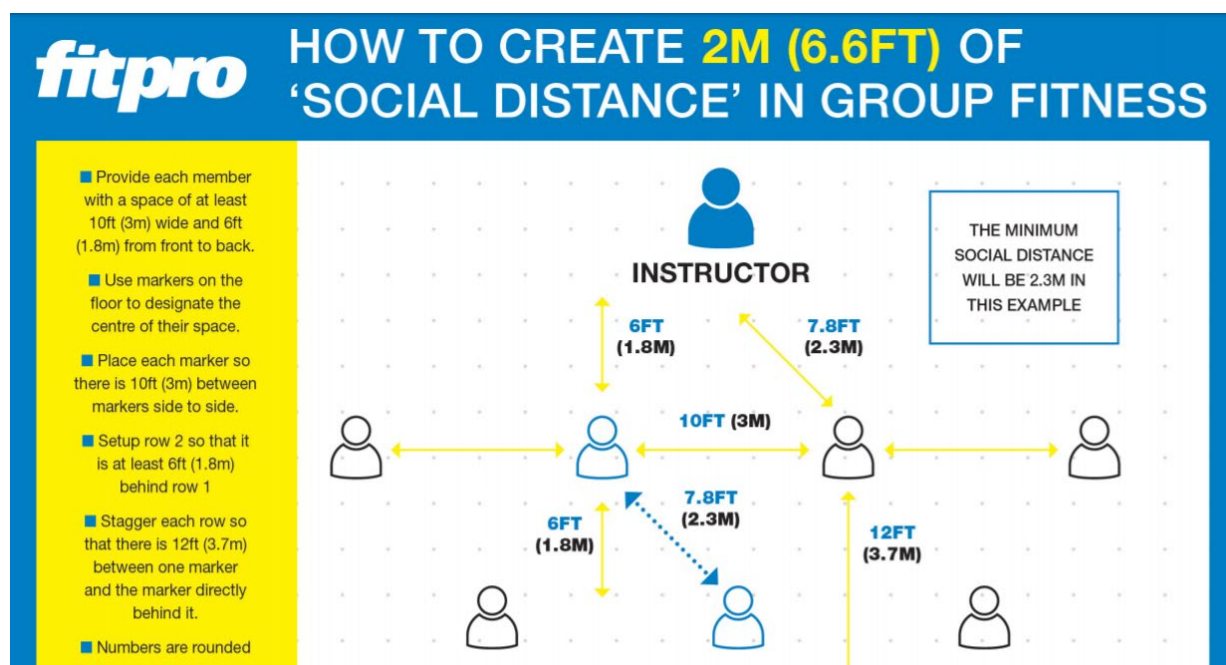


10) FIT PRO GUIDANCE

Comply with fit pro guidance for positioning of participants throughout the class

For classes where there is little movement:



For classes where there is more movement:

