

## Physical Education - 15 minute Workouts

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<b><u>Body Toning</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>
<b><u>YOGA</u></b>	<a href="#">Beginning Yoga</a>	<a href="#">Power Yoga</a>	<a href="#">Neck &amp; Shoulder</a>	<a href="#">Morning Yoga</a>
<b><u>Kickboxing</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>
<b><u>Cardio Dance</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Dance Sculpting</a>	<a href="#">Workout</a>
<b><u>Walk Workout</u></b>	<a href="#">Disco Workout</a>	<a href="#">Country Walk</a>	<a href="#">Workout</a>	<a href="#">Workout</a>
<b><u>Interval Workout</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>
<b><u>Workout with Weights</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Arms Workout</a>	<a href="#">Workout</a>
<b><u>Stretching</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>
<b><u>Pilates</u></b>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>	<a href="#">Workout</a>
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