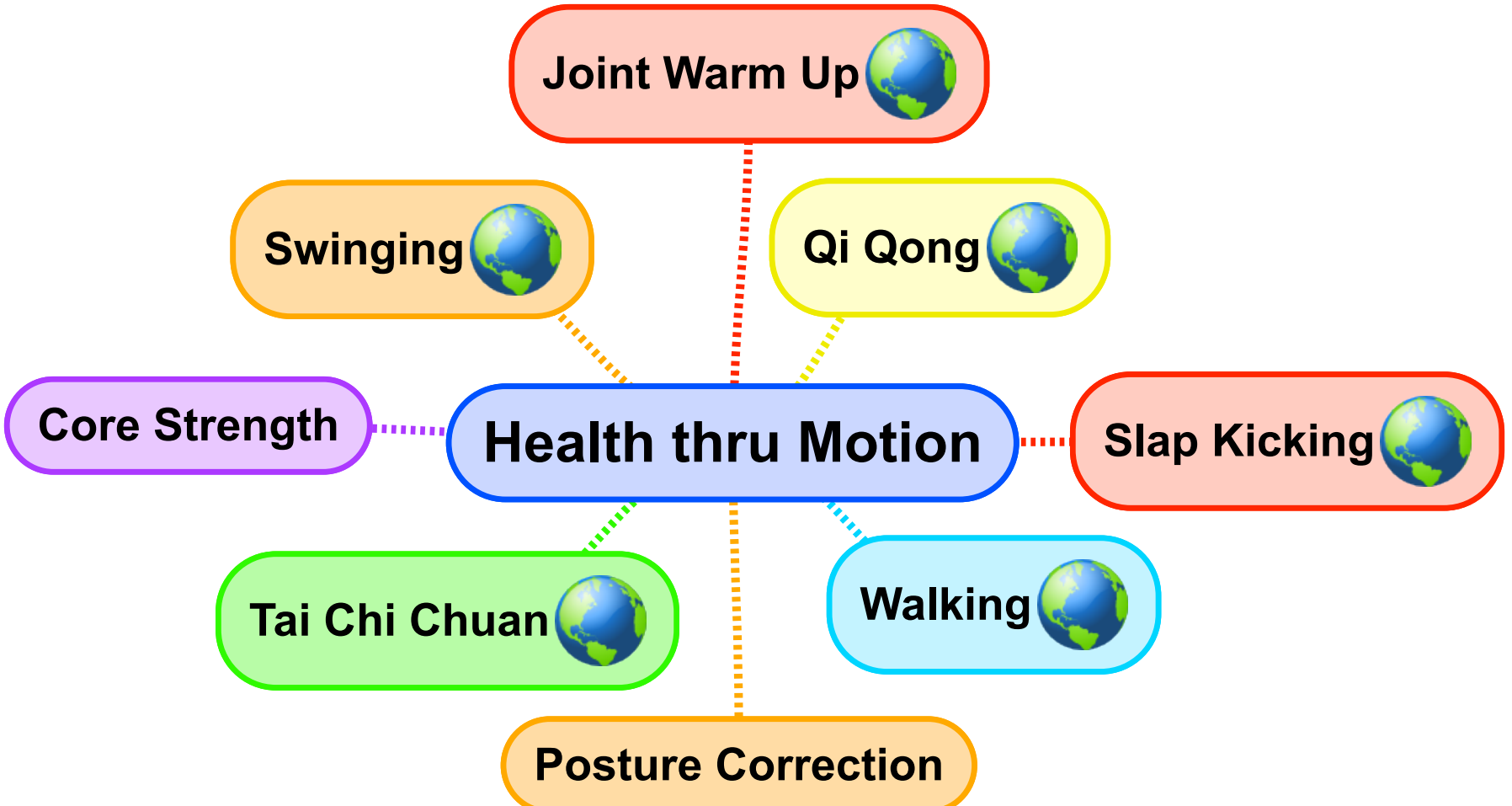
Joint Warm Up
Swinging
Qi Qong
Core Strength
Health thru Motion
Slap Kicking
Tai Chi Chuan
Walking
Posture Correction