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About Us. Andy Cowing has over 30 years of experience in athletic development, corrective exercise, sports rehabilitation, and holistic health. He has coached

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Jennifer sorvari-hedlund - physical therapist in

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Top 4 group fitness certification options to

If you want to become a group fitness instructor you will need to get a group fitness certification. Here is list of the top 4 certifications that are the best!

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