

Fitness Club Operations Manual

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Noxcuses Fitness Club. 2741 Middlefield Road, Suite 102 Palo Alto, CA 94306 t - 650-325-1273 angie@noxcusesfitness.com
Hours of Operation: Studio Hours

Jul 27, 2015 Program References The following references provide details of the Physical Fitness Program: Coast Guard Health Promotion Manual

Fitness Center/Sports/Pool; Drydock Club; Mariner's Reef Liberty Recreation Center; Mariner's Reef Cafe; SUPSHIP Operations Manual Commander

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StewSmith.com is a fitness information company focused on fitness testing programs for entrance into military, special operations, police, and fire fighting communities.

Page 3. Club Fitness, Spa, Aquatics, and Tennis Operations
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