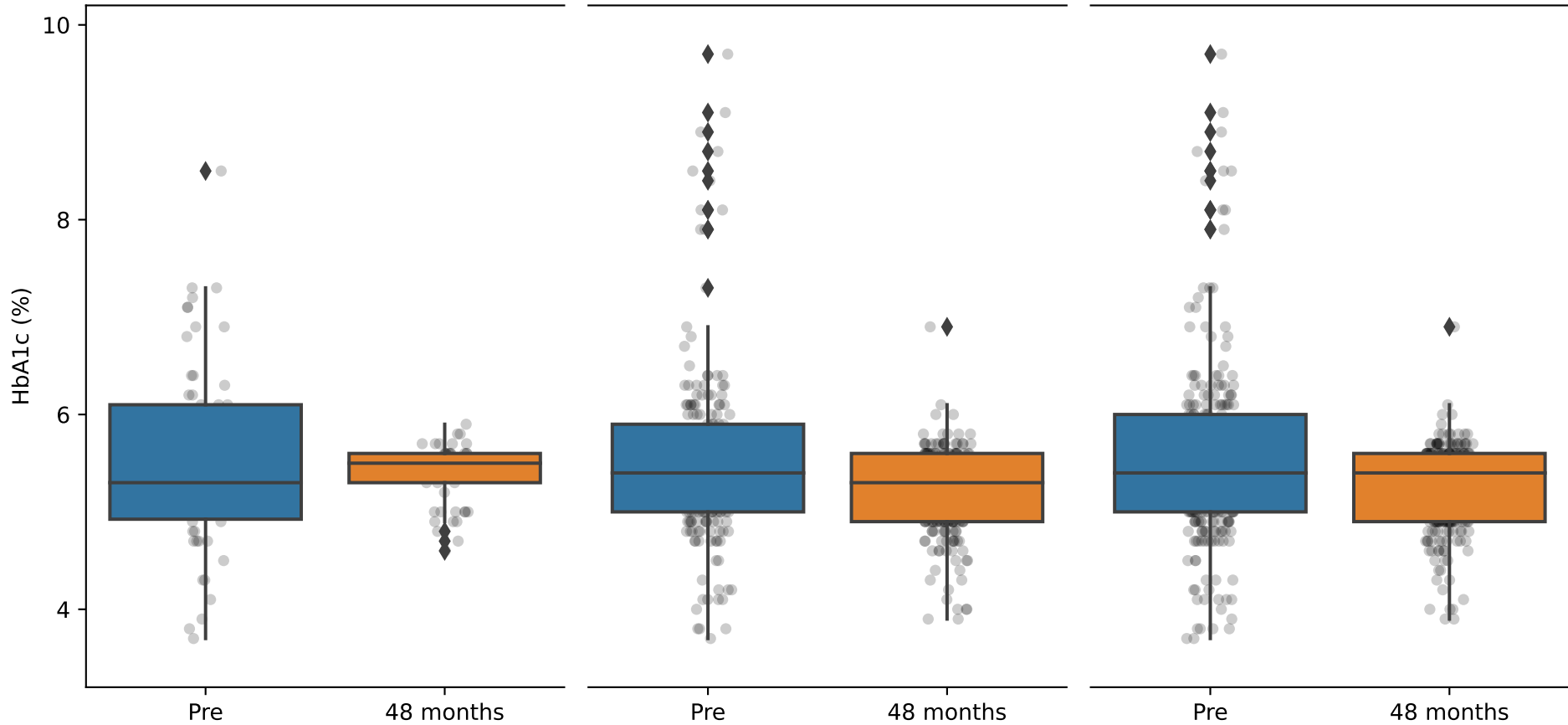
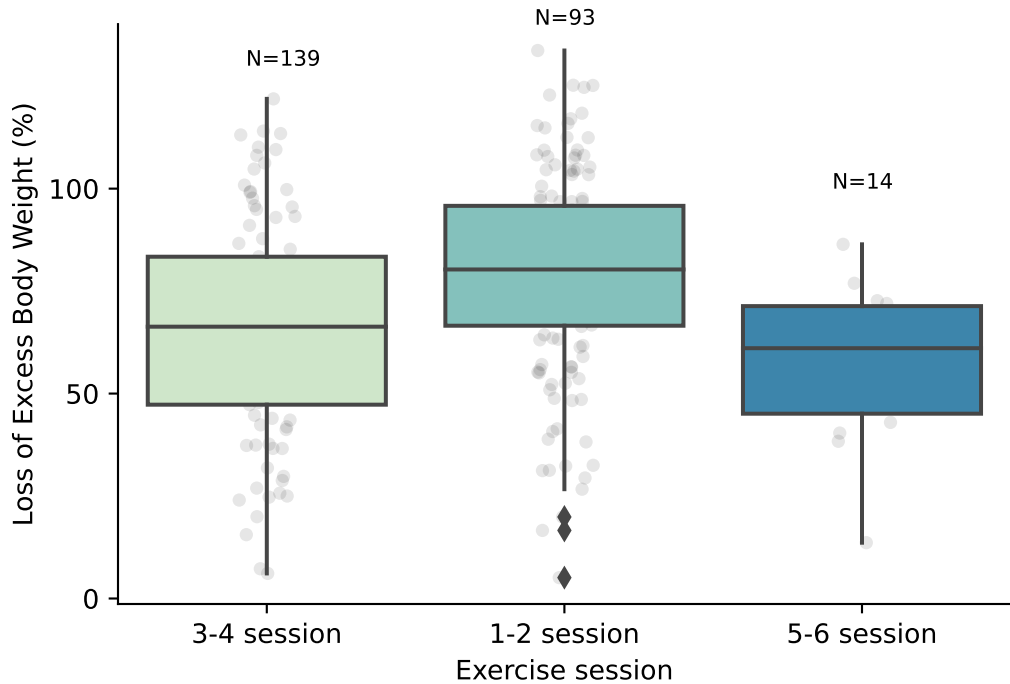


Low

Moderate

(all)



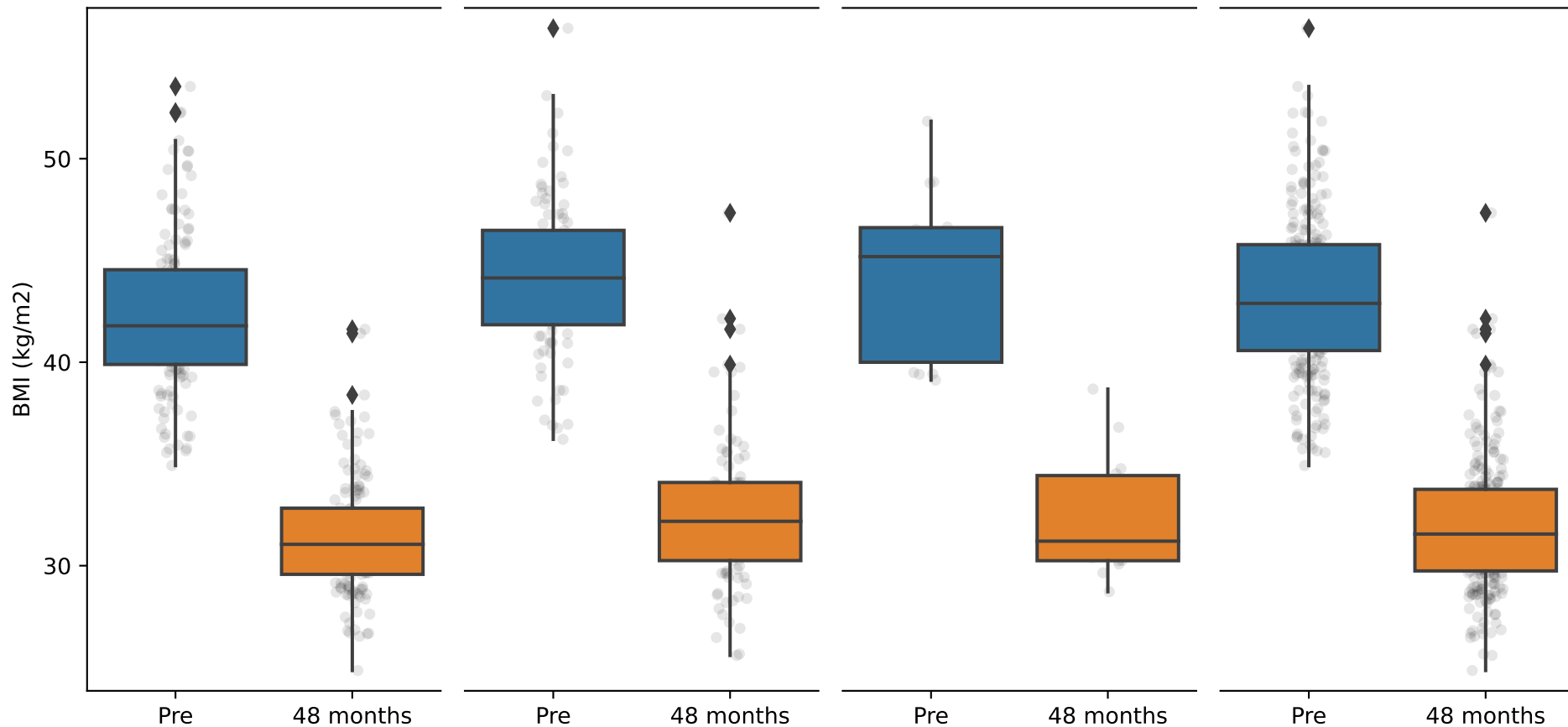


1-2 session

3-4 session

5-6 session

(all)

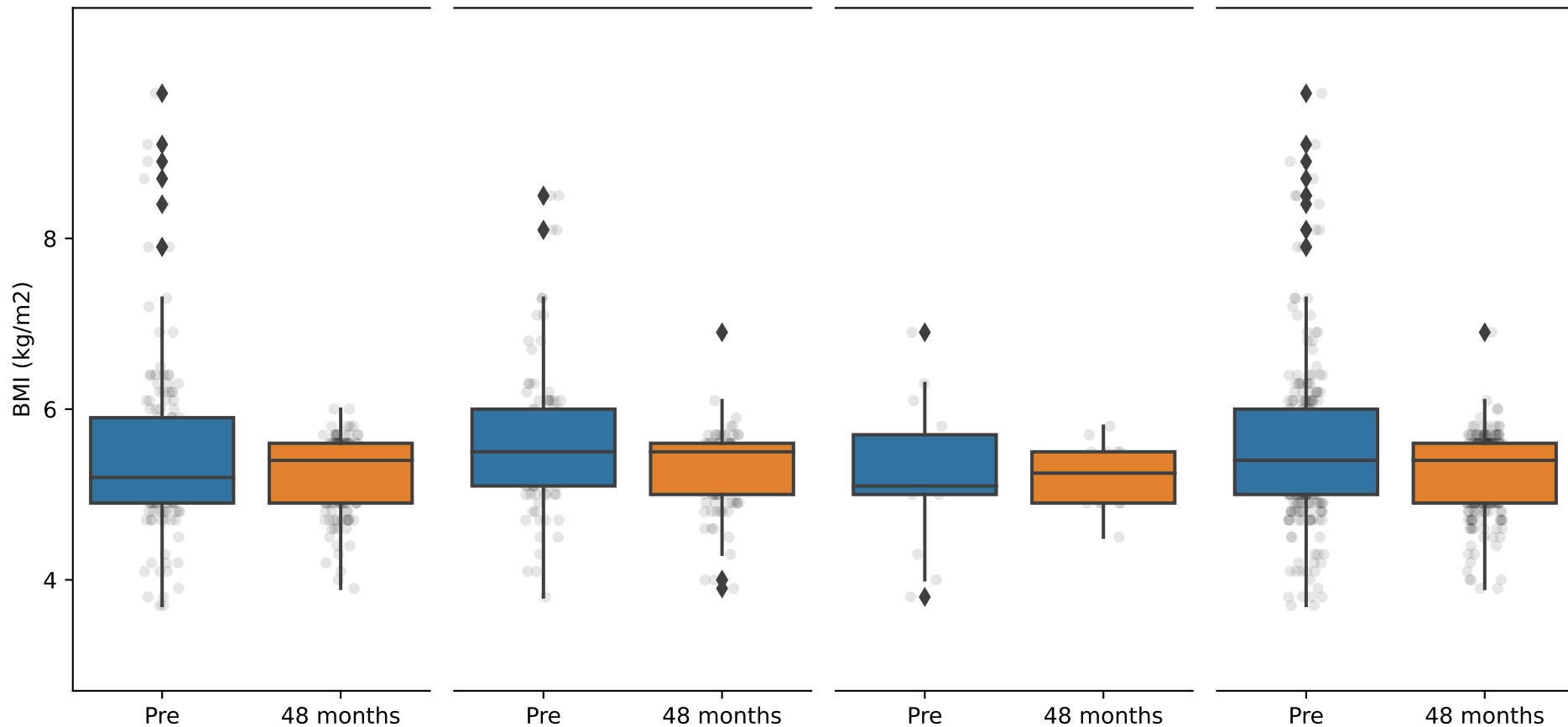


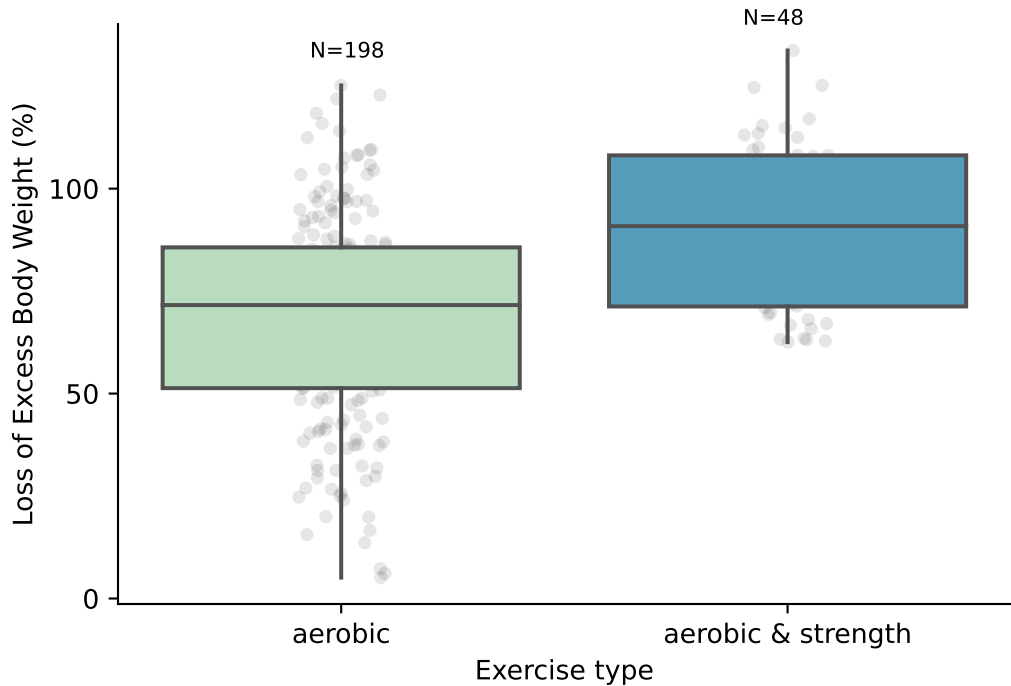
1-2 session

3-4 session

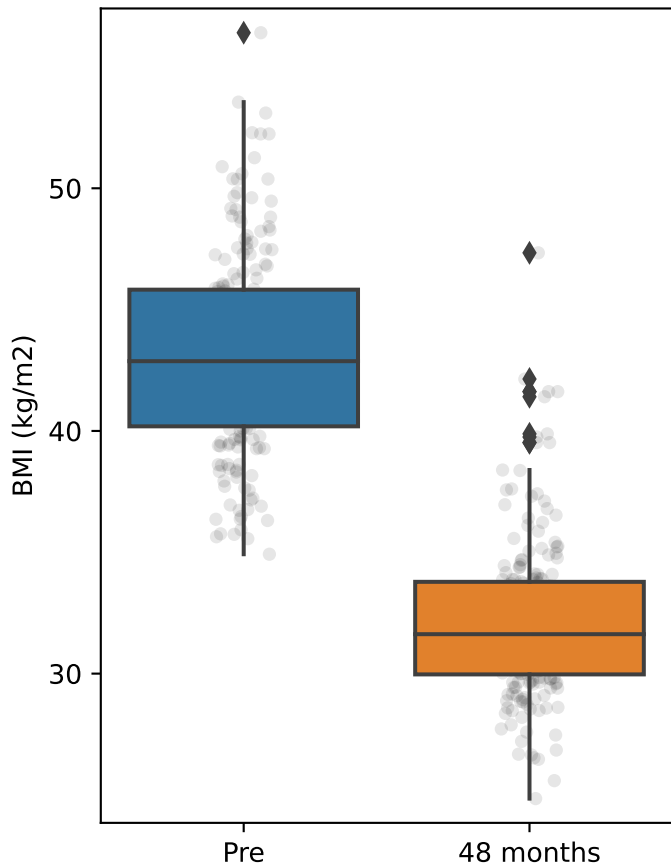
5-6 session

(all)

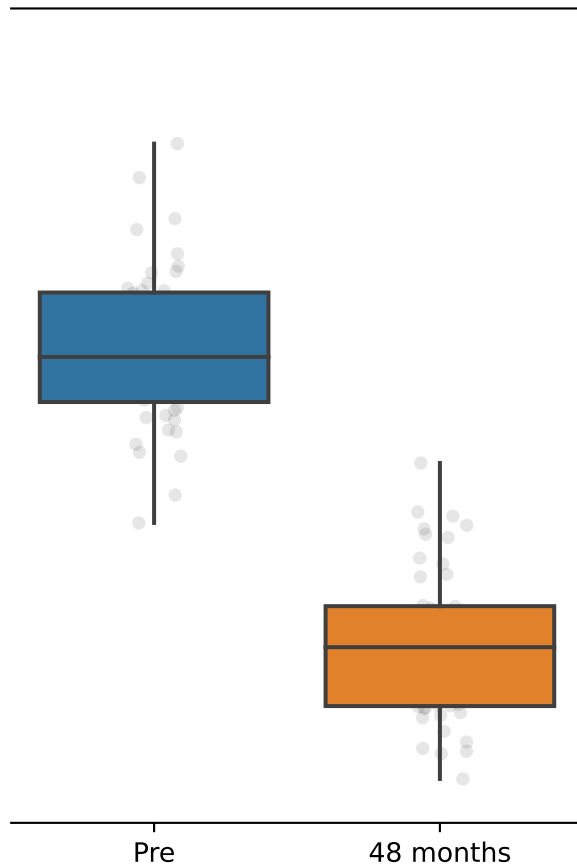




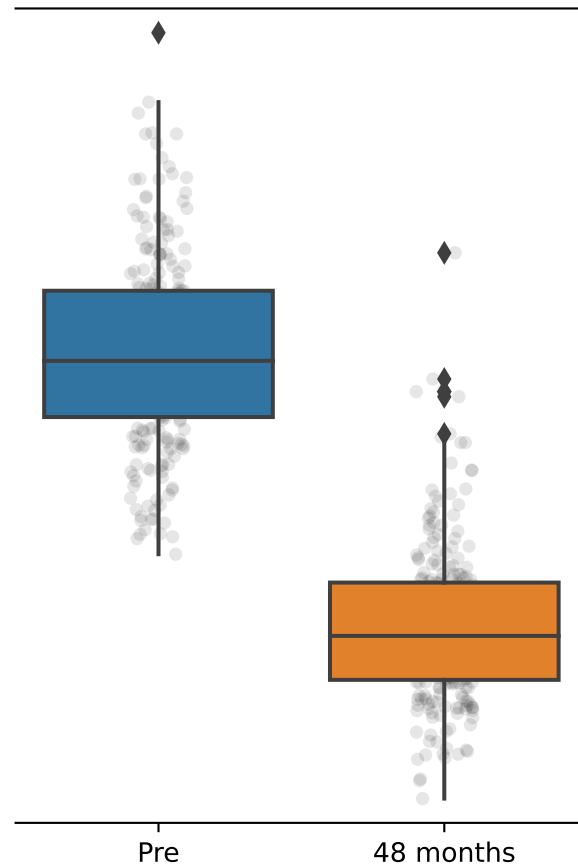
aerobic



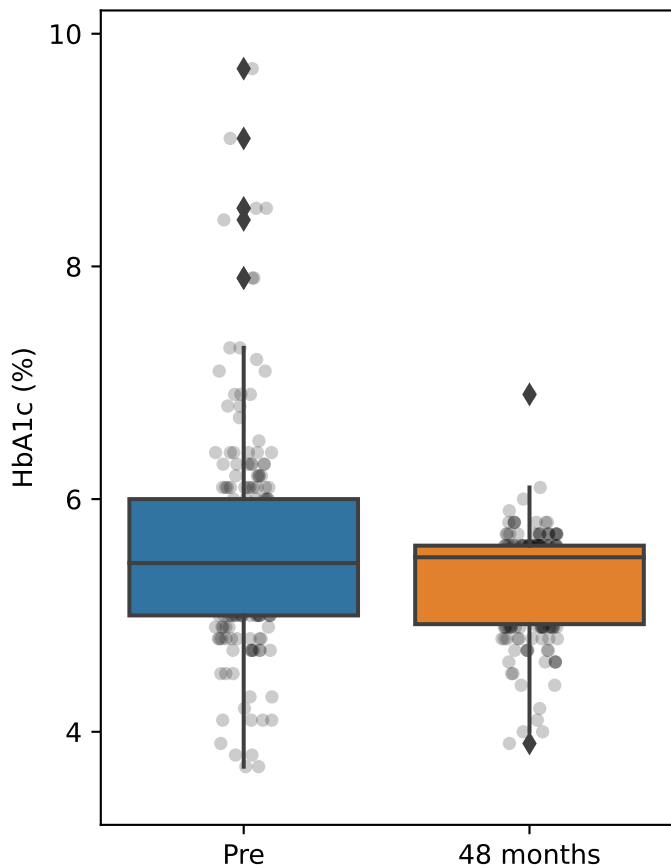
aerobic &amp; strength



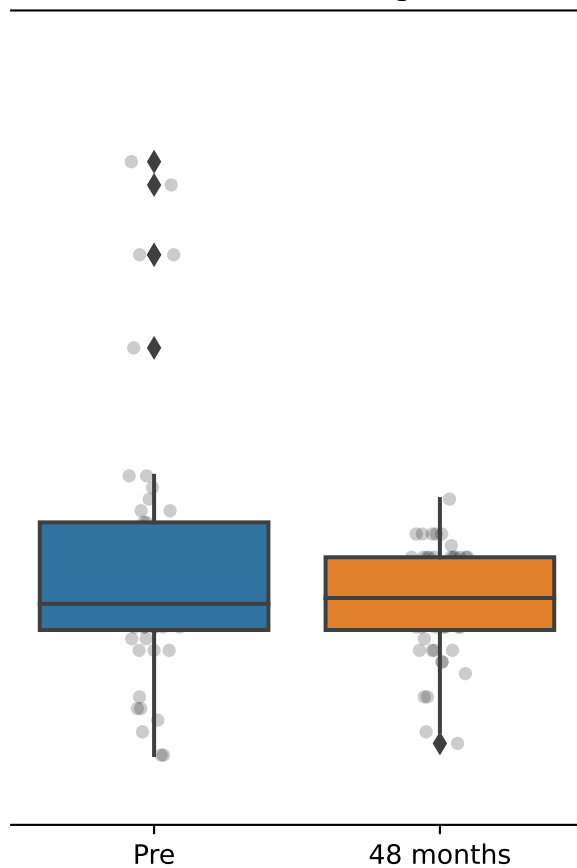
(all)



aerobic



aerobic &amp; strength



(all)

