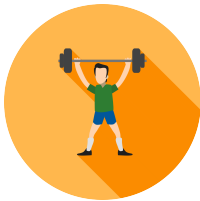


[GWA](#) [Home](#) [The Gym](#) [Courses](#) [Calendar](#) [Prices](#) [Staff](#) [About us](#)**Yoga**

Yoga is an ancient practice that may have originated in India. It involves movement, meditation, and breathing techniques...

**Powerlifting**

Powerlifting is a strength sport that consists of three attempts at maximal weight on three lifts...

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