

HIT Cardio | Episode 7

author:



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Synopsis

Join us today on the floor for a cardio class. We promise it will be a killer workout. ~~ From QCODE, makers of fantastic audio fiction. Visit [QCODEMedia.com](https://qcodemedia.com) to learn more. And, check out our new shows - Birds of Empire and The Peepkins. Listen to this episode uninterrupted (without ads in the middle) with QCODE+ on Apple Podcasts. Learn more at <https://qcodemedia.com/qcodeplus>. Learn more about your ad choices. Visit podcastchoices.com/adchoices

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