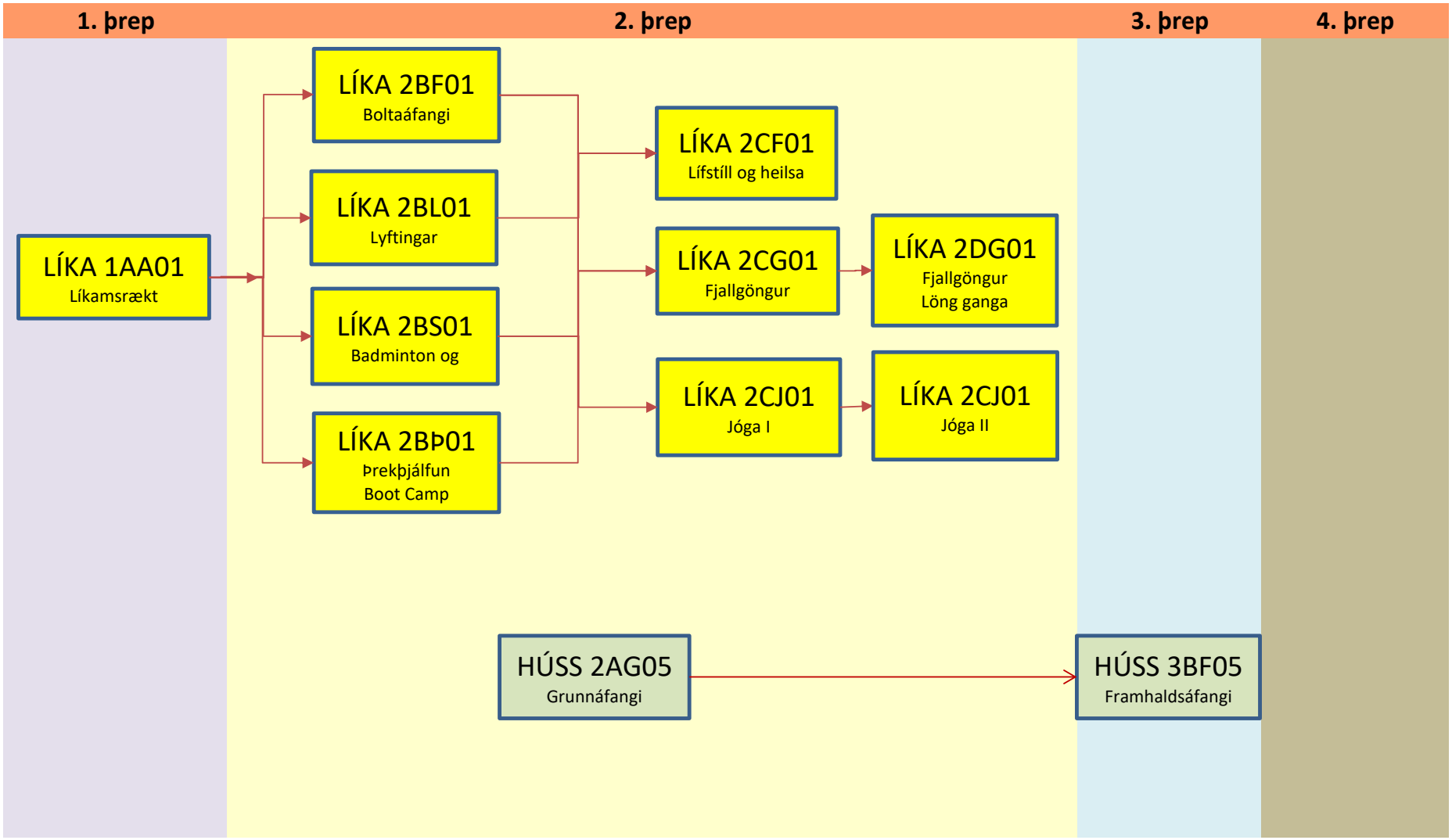Skipulag áfanga í líkamsrækt