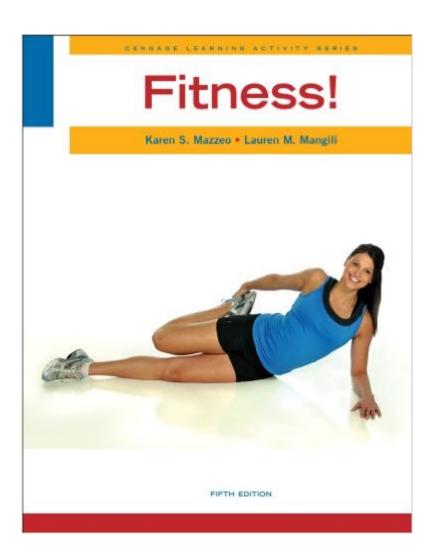
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# Fitness! (Cengage Learning Activity)





## **Synopsis**

Reach your fitness goals with FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING. It covers the principles and techniques of aerobic dance exercise, step training, and fitness walking. With this innovative book, you will be able to structure a complete physical and mental training program that can work for a lifetime!

### **Book Information**

Series: Cengage Learning Activity

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#### **Customer Reviews**

The book was whole but on the back it was sliced in half, kinda made it hard to keep it all together.

good book. Liked the content and using it in my school. Thanks and I do recomend it to UNC students.

My grandaughter needed this book for class and was really impressed to get this book at such a good price. I have never used before, but I will be using it again.

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