

Sit and Be Fit

TONE AND STRETCH II



In Reptone

But need her PACE as a ballroom exercise and relaxation program done sitting in a chair or standing beside the chair using it for balance.

While this low and stretch program is effective for long periods, it was designed to meet the special needs of:

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Sit And Be Fit Tone And Stretch Ii In Ragtime

A Loxley



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