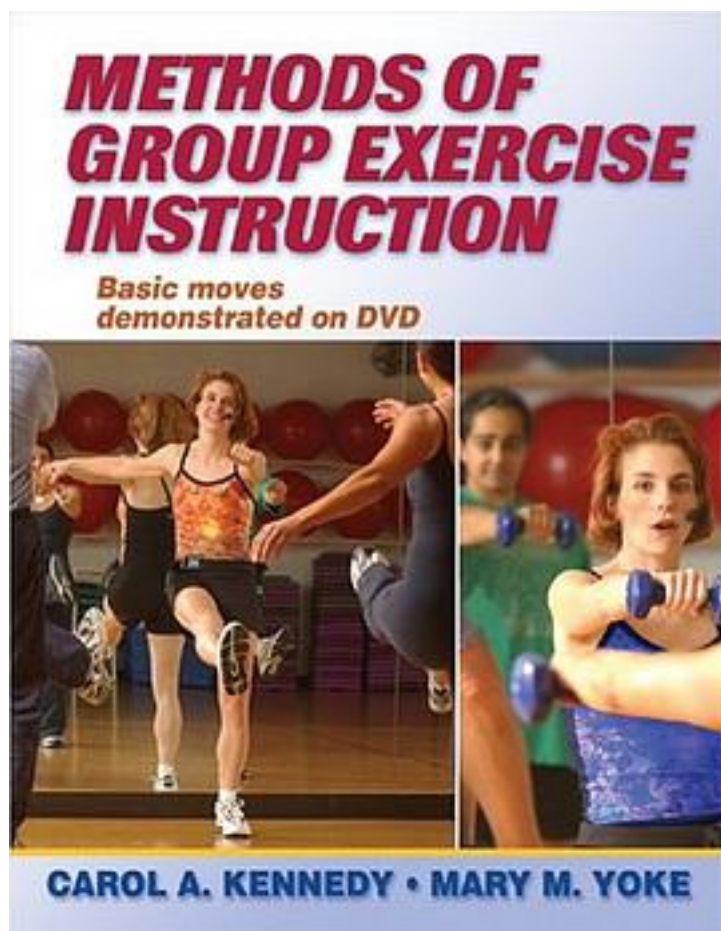


Methods of Group Exercise Instruction



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著者:Kennedy, Carol A./ Yoke, Mary M.

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Comprehensive, research-based book on leading effective group exercise classes. Includes setting up, teaching progressions, choreography and much more.

作者介绍:

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