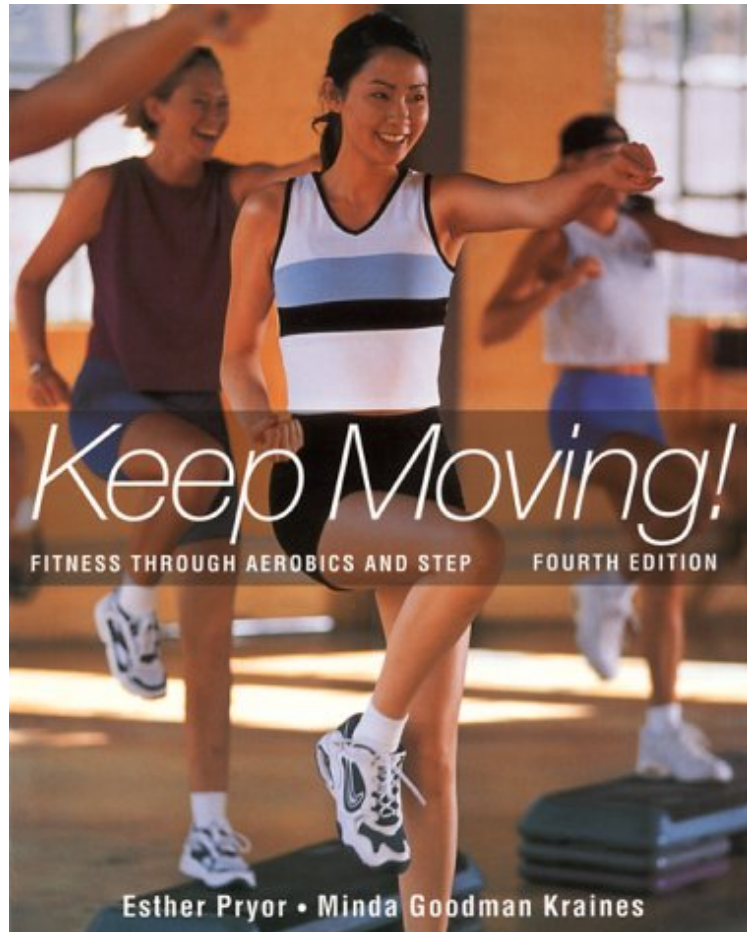


(Download ebook) Keep Moving: Fitness Through Aerobics and Step

## Keep Moving: Fitness Through Aerobics and Step

*Esther Pryor, Minda Goodman Kraines*

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**Esther Pryor, Minda Goodman Kraines : Keep Moving: Fitness Through Aerobics and Step** before purchasing it in order to gage whether or not it would be worth my time, and all praised Keep Moving: Fitness Through Aerobics and Step:

0 of 0 people found the following review helpful. Good BookBy KarenE This book is really useful for my aerobics class. I would definitely recommend someone buy this book for their class too.

This popular text includes plentiful illustrations that help to explain the basic movements of step and floor aerobics. Additionally, the text offers information and suggestions on mastering difficult movements and avoiding incorrect positions and injury. Useful appendices and worksheets help students apply concepts discussed in the text.

About the Author Minda has been a full time dance and Physical Education instructor at Mission College since 1979. Since that time she has set up an entire dance program, giving full length dance performances and having students

continue their study of dance at 4 year universities. Since 1989, she has shifted her emphasis to fitness and developed a 12 unit program for the Fitness Specialist that trains students as personal trainers as well as aerobic instructors.