



Fitness through Aerobics (9th Edition)

Jan Galen Bishop

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Reflecting current popular topics in group fitness, *Fitness Through Aerobics, Ninth Edition* covers a broad array of issues that speak to a wide range of aerobics instructors, and will engage students of every background and discipline. Bishop teaches steps and methodologies for performing all types of aerobic group exercises—as well as strength and flexibility exercises that contribute to proper technique—in a straightforward, accessible writing style.

The Ninth Edition is completely updated with videos that demonstrate proper exercise technique, new coverage of the latest group exercise activities, and new photos.

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