

# Aero\*boga Session #2

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Aero\*boga where non-impact aerobics meets gentle yoga in a one hour easy, effective and fun filled class bringing balance to the body, mind and soul and a touch of sacred love to the heart. Aero\*boga a one hour aerobics/yoga fusion class. Simple and easy to follow but very effective in working every part of your body-mind. Tones and strengthens abs, arms, butt and legs while bringing balance and flexibility. Thirty minutes of infused yoga and thirty minutes of fat burning aerobics making Aero\*boga the workout that does it all! Each month a new class is posted with new music so it never gets dull and routine. Tags: soul

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