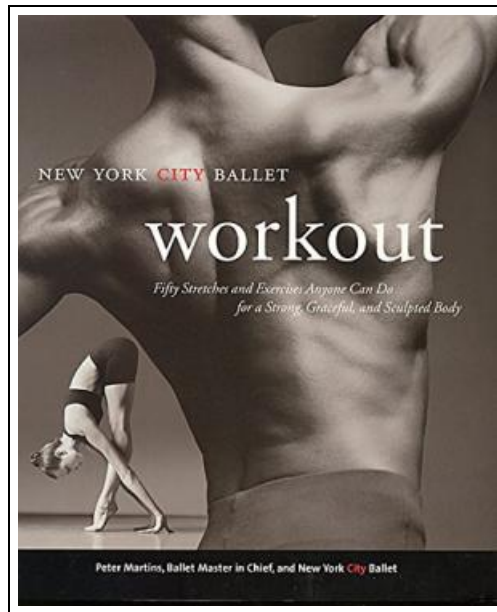


NEW YORK CITY BALLEWORKOUT : Fifty Stretches and Exercises Anyone Can Do for a Strong, Graceful, and Sculpted Body



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Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

(Perry Reinger)

NEW YORK CITY BALLEWORKOUT : FIFTY STRETCHES AND EXERCISES ANYONE CAN DO FOR A STRONG, GRACEFUL, AND SCULPTED BODY



William Morrow & Co, New York, NY, 1997. Soft Cover/Wrap-around. Condition: New. Dust Jacket Condition: None as Issued. Paul Kolnik & Richard Corman (Photographers) (illustrator). First Edition, 4th Printing. BRAND NEW Copy. Fitness program. Ballet Master-in-Chief Peter Martins and the New York City Ballet Company combine low-impact elements of ballet dancers' daily routines of strength building exercises to help people of all ages and fitness levels to tone the body. The distilled 50 exercises are illuminated w/some 300 photographs for clarity.



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Discovery Publishing Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, The Lark in the Cornfield/The Crooked Hyena, Discovery Kidz, This book is part of the Aesops Fables (Fun with 2 Stories) Series, titles in this series

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