



Sheila Cluff's

AEROBIC BODY CONTOURING

The New, Low-Impact
Exercise Program
for the *Ageless* Body

SHEILA CLUFF with EVA SHAW

"Sheila inspires women to see that the prime
of one's life can truly be the later years."
—Kathleen Sullivan

Sheila Cluffs Aerobic Body Contouring

Cheryl Winters Tetreau, Carol Hupping



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