

A woman in a red leotard is shown from the waist up, with her right hand on her hip. She is wearing a dark wristband. The background is a light, neutral color.

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
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—Kathleen Sullivan

Sheila Cluffs Aerobic Body Contouring

Yi-Tong Ma



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