PAU B CARDIO

DANCE FITNESS

PLUS 15 MINUTE TONE-UP

Paula Abdul Cardio Dance Dance Fitness Plus 25 Minute Tone Up Vhs Video Tape

Joseph A Mascetta

Paula Abdul Cardio Dance Dance Fitness Plus 25 Minute Tone Up Vhs Video Tape:

Paula Abdul Joseph A Mascetta,1998-01-01 Paula Abdul leads intermediate level dance class style routines and lower body toning exercise to tone and define thighs buttocks and calves

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