



## Dance and be fit : Brazilian body: 3 body-slimming dance workouts

<https://iha.andornot.com/permalink/library14574>

Author: [Mullen, Kimberly Miguel](#)

Place: Silver Spring, MD

Publisher: Acorn Media Group Inc.

Pub Date: 2008

Physical Description: 1 DVD (48 min.)

Format: DVD

Subject: [Dance - Brazil](#)  
[Physical Fitness](#)  
[Wellness](#)

Abstract: This workout includes three 12-minute dance programs incorporating Brazilian dance music (samba, reggae, capoeira, and maculele) in order to encourage burning fat while having fun. Also included is a bonus dance feature designed for couples.

Series: Dance and be Fit

Notes: Bonus dance: Samba de Roda  
Noted missing RIH Library: December 2018

Call No.: QT 255 D2 M958 2008

Location: RIH Library Wellness

Loan Policy: 21 days