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CARDIO HIP-HOP AT THE CENTER

**ENJOY FUN AND FUNKY ROUTINES WHILE CRANKING UP YOUR HEART
RATE IN THE BIWEEKLY CARDIO HIP-HOP CLASSES AT THE CENTER.**

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YOUR CORE AREA AND BURNS CALORIES FOR AN OVERALL BODY**

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MS. CORD ALSO TEACHES LITTLE BALLERINAS AT THE CENTER.

FOR DETAILS: CONTACT THE CENTER, 382-1655,

B401 N. MAIN ST., SPRINGFIELD.

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