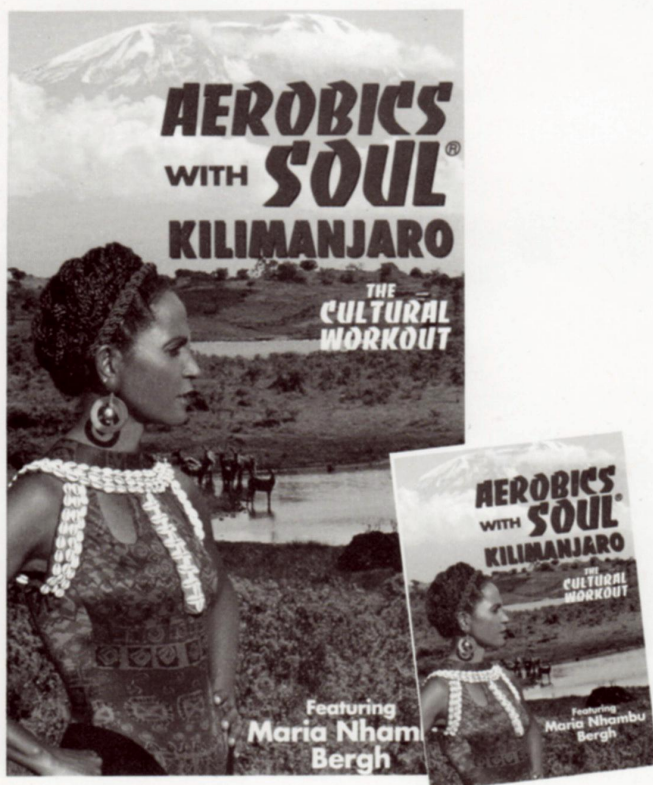


AEROBICS WITH SOUL



NEWEST EXERCISE VIDEO
IS FILMED IN AFRICA

Maria Nhamu Bergh takes you to Tanzania, East Africa for this advanced *Aerobics With Soul*® workout. In *Aerobics With Soul*®-*Kilimanjaro* (Mt. Kilimanjaro is the highest mountain in Africa and the highest free standing mountain in the world) will experience exciting, intricate tribal dances with Tarangire National Park's spectacular landscapes and wildlife as a backdrop. Even though the focus of this tape is an advanced workout, instruction is provided at beginning and intermediate levels.



SHAPE magazine calls Maria one of "three top god-mothers of soul fitness"; and goes on to say that "fitness with an ethnic world beat is not only aerobic but sexy, sensual and fantastically fun." Maria has been teaching dance all over the world for 25 years and is certified by the American Council On Exercise (ACE) as an instructor, as well a provider of continuing education for instructors.

You can best prepare for this advanced workout by mastering Maria Nhamu Bergh's unique moves on *Aerobics With Soul*® - *Serengeti*, her beginner workout, and *Aerobics With Soul*® - *Karibu*, her intermediate level. All *Aerobics With Soul*®'s originally composed soundtracks are available on audio cassettes.

RUNNING TIME: 80 minutes.

WORKOUT LENGTH: 65 minutes.

RELEASE DATE: November 12th, 1994



For more information, contact: Marianne Cooper at (612) 827-0254 • (800) 423-9685