



○ Salsa gym - Dvd



“SALSA GYM”

Gimnasia a ritmo del Caribe con:
Merengue, Salsa, Cha cha cha, Cumbia, Bolero Brasileño

Videos de la luz - C/Juan Hurtado de Mendoza, 9 - 28036 Madrid. SPAIN.
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4.90 €

5.34 USD

■ **Learning level:** Beginners

Gym, with the Caribbean rhythm with: Merengue, Salsa, Cha Cha Cha, Cumbia, Bolero Brasileño.

In case you don't like doing your exercise routine to Flamenco music here is a similar session of stretching, calisthenics, and aerobics accompanied by Salsa music. The video contains a 60-minute session and a shorter 28-minute aerobic workout, both led by the energetic Alicia Castro, who works the body muscle by muscle, while slipping in some basic steps for dancing Salsa, Merengue, Cha Cha, Bolero and Cumbia.

Languages: Spanish, English, German, Japanese.

The DVD is valid and compatible for all countries (NTSC and PAL). Guaranteed.