

Anni Mairs Force Fitness 60min 135bpm

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Anni has been personally active in fitness since the 1970s and involved in the fitness industry either as an instructor, trainer, club manager or participant since the mid-1980s. Anni is a certified ACE Group Fitness Instructor, is certified in BODY PUMP and is a trained instructor in YogaFit Levels I and II, High- and Low- Impact Aerobics, Step Aerobics, Kickboxing, Indoor Cycling and Pilates Mat. Soundtrack Features hard hitting club & techno styles perfect for step, kickbox, bootcamp, cross training & mid-tempo cardio programs. [CLICK HERE FOR MORE INFO ON FORCE FITNESS](#)

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