

# Amy Bento S Step Impact Mix 62min 130bpm

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AMY BENTO, A fitness professional for over 18 years, Amy Bento has taught upwards of 6,000 group exercise classes. Her class resume includes: all levels of step, double step, resistance training, hi/lo, kickboxing, slide, Kettlebell, boot camp, Bosu, Core Board and many more. This Soundtrack features strong club & techno styled beats perfect for Step, Bootcamp, Kickboxing & Cross Training. For more information on AMY BENTO and her video programs, please visit [nrgfitness.net](http://nrgfitness.net)

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