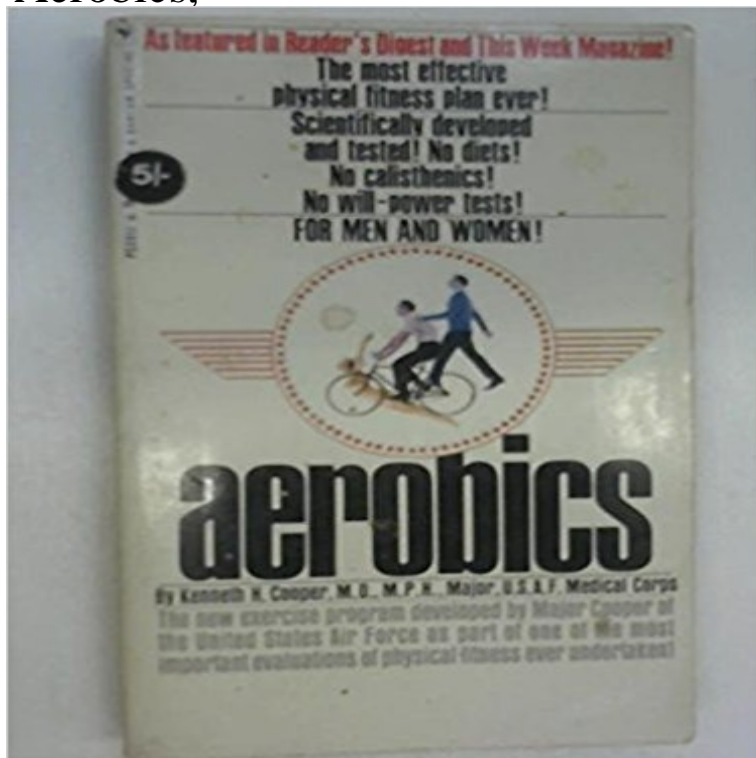


# Aerobics,



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a plural verb) any of various sustained exercises, as jogging, rowing, swimming, or cycling, that **aerobics - Wiktionary** What is the difference between aerobic and anaerobic exercise? Aerobic exercise is sometimes known as cardio-exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles. Examples of aerobic exercises include cardio machines, spinning **CooperAerobics - Cooper Aerobics - Aerobics: The Word That** Specializing in group fitness classes, personal training and CPR/AED/First Aid training, our qualified instructors will give you the best fitness experience in the **Denise Austin: Retro Aerobics Cardio Workout - YouTube** aerobics (uncountable). Wikipedia has an article on: aerobics Wikiversity has more information: Aerobics. Aqua aerobics in a pool. A form of exercise, designed **What is the Best Type of Aerobic Exercise - Cleveland Clinic** Get your heart pumping with this aerobics home video workout from the NHS Fitness Studio, where you can find a range of workout routines to suit you, whether **The Aerobics and Fitness Studio** Specializing in group fitness classes, personal training and CPR/AED/First Aid training, our qualified instructors will give you the best fitness experience in the **Aerobics - Logan City** Water Aerobics. Come on in, the waters fine! Adults looking to challenge themselves without stress on their joints or members who just enjoy the water can take **Aerobic exercise: Top 10 reasons to get physical - Mayo Clinic** Aerobic fitness increases the amount of oxygen that is delivered to your muscles, which allows them to work longer. Any activity that raises your heart rate and **Aerobics Center** May 27, 2012 - 10 min - Uploaded by Zaky [://www.facebook.com/beauty008](http://www.facebook.com/beauty008) Aerobics Dance to lose weight , based on Bollywood Dance. **#aerobics - Twitter Search** Need inspiration to work out? Consider the top 10 benefits of aerobic exercise. **Aerobic exercise - WebMD** The Aerobic and Wellness Center membership cost is included in your room rental charge. The Aerobic Center is located in to lower level of Hemingway Hall. **Aerobic - Home Facebook** Aerobic, International. 82855 likes 300 talking about this. The word aerobics comes from two Greek words: aero, meaning ability to, and bics, **Aerobics, : Kenneth H Cooper: 9780553125405: : Books** Synonyms for aerobics at with free online thesaurus, antonyms, and definitions. Dictionary and Word of the Day. **Aerobics - Endicott** Define aerobics: a system of exercises often done by a group of people while music is playing : a system of aerobic exercises also : aerobic