

*Sing, Dance and Play  
Chanter, danser et s'amuzzer*

The perfect formula to get fit!

*Music, Dance and Movement*

By Art Richard B.P.E/ Professional Entertainer

*Catch the Buzz!*



*Music*

*Dance*

*Movement  
Fitness  
Fun*

*Prepared by  
Art Richard*

*✓ Compact Disc  
✓ Instructional DVD*