

Linda Rose lennaco

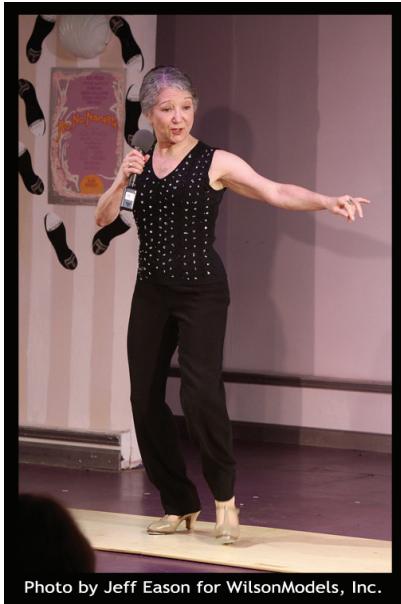


Photo by Jeff Eason for WilsonModels, Inc.

Linda Rose lennaco is a fitness professional whose enthusiasm to promote joyful wellness in both dance and fitness has led her to create *TAPaerobics®*, *Bare Bones of Anatomy™*, and *Balance and Bones™* all under the banner Dance & Fitness Inc. With over 60 years' experience in the industry, she is a member of SAG-AFTRA, Actors Equity and holds an advanced certificate in fitness and personal training from Marymount Manhattan College.

She is currently completing work with Professor Linda D. Zwiren (FACSM) on an informational guide offering strategies for developing lifelong 'healthy' habits.

Dance & Fitness
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Product Information



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