

Linda Rose Iennaco



Photo by Jeff Eason for WilsonModels, Inc.

Linda Rose Iennaco 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
A Prescription for Wellness
LRI Dance & Fitness, Inc.
PO Box 230263
New York, NY 10023



Product Information

The Dance & Fitness



www.danceandfitness.net
email: info@danceandfitness.net

Practice your favorite dance or exercise on a portable, cushioned hardwood floor — anywhere!



The Dance & Fitness *TAPboard*™ is a safe, convenient way to create the feel of a sprung studio dance floor in the privacy of your own home or away. Practice your turns and traveling steps with ease.

Made of matte-finished Baltic Birch plywood, it is backed with 1/8" padding for comfort and protection of your joints and floors.



The overall 30" x 72" *TAPboard*™ is hinged in the middle to provide for easy transportation or storage. It comes with attached carrying handles, as well as an additional removable closure strap which can be used for your pre- or post-workout stretching routine.



And with Linda Rose Iennaco's *TAPaerobics*® DVD and *TAPboard*™, you'll be able to get your cardiovascular workout tap dancing in front of your TV — no need to leave home. Improve your endurance by strengthening your heart and lung capacity while practicing your favorite traditional tap steps or rehearsing your tap routine basics.

Each Dance & Fitness *TAPboard*™ is proudly custom-made in the U.S.A. Allow 4-6 weeks for delivery.



Invest in your good health!

- Protect your floors**
- Protect your joints**
- Make clear crisp sounds — whether in tap shoes or other hard-soled shoes**
- Take a portable dance surface with you wherever you go**
- Fold for easy storage**

Contact Dance & Fitness directly for more information.

info@danceandfitness.net