



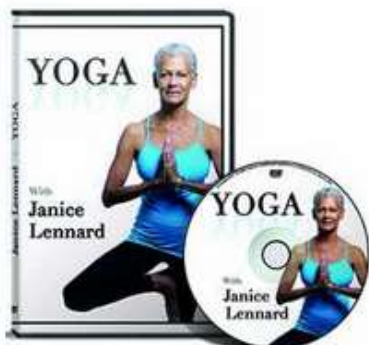
FOR IMMEDIATE RELEASE

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450 West 33rd St., 14th floor  
New York, NY 10001  
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## PRESS RELEASE

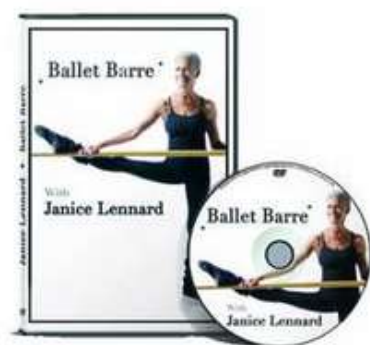
(New York, NY) 72 Year Old Fitness Dynamo Janice Lennard is exactly that - a DYNAMO. Her new DVD offerings not only demonstrate her ageless beauty, but more importantly, are fitness friendly for all levels while showcasing her high level of expertise. The three DVD's have the highest AP rating of Five Stars!!



Yoga



Mat Pilates



Ballet Barre

Born in 1942 in New Orleans, Louisiana, Janice Lennard has been involved with ballet, yoga and pilates through study, practice, and instruction for over 65 years.

For more, visit: [www.janicelennard.com](http://www.janicelennard.com)

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