



FALL Dance 2024 by Jacki Sorensen

“EVERYBODY DANCE”

Schedule a Zoom or Video class at this link:

<https://thefitnessbreak.punchpass.com>

Email: theFitnessBreakStudio@gmail.com

STRENGTH SEGMENT: Warmup, Stretch, Abs, Core, Push-ups, Vertifirm

Open Your Heart - Madonna

No Angels - Justin Timberlake

Dance Alone - Sia & Kylie Minogue

Glory Days - Gabby Barrett Mr. Right - Mae Stephens & Meghan Trainor

Multiply - Donny Benét

Just To Say We Did - Kenny Chesney

AEROBIC BOOSTER

Illusion - Dua Lipa

Dance With Everybody - Drew Holcomb

AEROBIC DANCES

1. thing u do - Tori Kelly

2. Baby Blue - Dreamer Boy

3. Having A Party - Rod Stewart

4. On A Evening In Roma/Foggy Day (In London Town) - Michael Bublé/Michael Bublé

5. HEYA - IVE

6. I Feel Love/This Time I Know It's For Real - Donna Summer/Donna Summer

7. Burning Love - Travis Tritt

8. Brave - Sara Bareillis

9. Chasing That Feeling/Nobody - Tomorrow X Together/One Republic

10. Young Love & Saturday Nights - Chris Young

COOLDOWN

Something About The Way You Look Tonight - Elton John