



Winter Dance 2025 by Jacki Sorensen

“MORE SERIOUS FUN”

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

Fun Times - Bruce Willis

After Hours - Kehlani

Personal Effects - Chromeo

Wildside - Keith Urban

Anything 4 U - Kaleena Zanders & Anabel Englund

Woman's World - Katy Perry

Highland Girl - Nathan Evans

AEROBIC BOOSTER

Now Or Never - Martin Solveig & Faouzia

I Don't Wanna Wait - David Guetta & OneRepublic

AEROBIC DANCES

1. No Problem - Ginger Root

2. It's Nice To Feel This Way Again/Belong Together - Amy Shark/Mark Ambor

3. Can't Get No Love - Los Lonely Boys

4. Blue Skies/All I Do Is Dream Of You - Rod Stewart/Michael Bublé

5. Underestimate Me - Maggie Rose

6. Dancing In The Flames/feelslikeimfallinginlove - The Weeknd/Coldplay

7. Crocodile Rock - Elton John

8. Paradise State Of Mind - Foster The People

9. Legs (Keep Danceing) - Vanessa Williams

10. Fool - Thomas Rhett

COOLDOWN

Daydreaming - Ariana Grande