



Spring Dance 2025 by Jacki Sorensen

“LIGHTS, CAMERA, 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

Better Place - NSYNC + Justin Timberlake

Two Blue Chairs And You - Zac Brown Band

Stargazer - Myles Smith

Play Something Country - Brooks & Dunn with Lainey Wilson

I'm Free - Paris Hilton and Rina Sawayama

Whoops - Meghan Trainor

Straight Line - Keith Urban

AEROBIC BOOSTER

Lights Camera Action - Kyle Minogue

Studio 24 - Cascada

AEROBIC DANCES

1. Wild Nights - John Mellencamp & Me'Shell Ndegeocello

2. On My Bike - Purple Kids

3. Amor - Ricky Martin

4. Go Home W U - Keith Urban & Lainey Wilson

5. We Built This City - Starship

6. Lifetimes/Best Years Of Our Lives - Katy Perry/Baha Men

7. Cherish (My Love) - ILLIT

8. Higher Love - Kygo & Whitney Houston

9. I'll Be There - Jin

10. Crush - Katy Perry

COOLDOWN

Dance All Night - ROSÉ