



Summer Dance 2025 by Jacki Sorensen

"SUMMER LOVE"

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

All The Lovers - Kyle Minogue
Tie Up - Zac Brown Band
Can't Slow Down - Almost Monday
For Life - Kygo & Zak Abel feat Nile Rogers
Cake By The Ocean - DNCE
Keep Them Kisses Comin' - Craig Campbell
Can't Stop This Thing We Started - Bryan Adams

AEROBIC BOOSTER

Someday - Black Eyed Peas
Feelin' - Gloria Estefan

AEROBIC DANCES

1. Left Right (Bonus Track) - Kat Luna
2. Swing For The Fences - Elton John & Brandi Carlile
3. Venus - Bananarama
4. It's A Beautiful Day - Michael Bublé
5. Keeping The Faith - Billy Joel
6. Open Hearts/Abracadabra - The Weeknd/Lady Gaga
7. Beautiful Morning - Rod Stewart
8. Stumblin' In/More Than Enough - Cyril/Jordin Sparks
9. The Giver - Chappell Roan
10. Never Ending Song - Conan Grey

COOLDOWN

Hold Me, Thrill Me, Kiss Me - Gloria Estefan