



FALL Dance 2025 by Jacki Sorensen

“WOW!”

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

Azizam - Ed Sheeran

I Only Have Eyes For You - Rod Stewart

Someone To Call My Lover - Janet Jackson

Keep Country Alive - Dillon Carmichael

You'll Be Mine (Party Time) - Gloria Estefan

King Of The Island - Niko Moon

When A Man's In Love - Rod Stewart

AEROBIC BOOSTER

“WOW” - Kylie Minogue

Dreams - The Knocks & Dragonette

AEROBIC DANCES

1. How Bad Do U Want Me - Lady Gaga

2. Mony Mony - Billy Idol

3. Heartache Tonight - Michael Bublé

4. Miracle/Tonight - Calvin Harris & Ellie Goulding/ Pink Pantheress

5. The Greatest - S Club 7

6. Hypnotized/Tilt - Anyma & Ellen Goulding/Red Velvet - Irene & Seulgi

7. Gabriella - Katseye

8. Young (from Songland)/Everything I Need - Old Dominion/Chayce Beckham

9. Manchild - Sabrina Carpenter

10. Right Back Where We Started - Maxine Nightingale

COOLDOWN

Gorgeous - Kane Brown