



WINTER Dance 2026 by Jacki Sorensen

“GOOD ♥ ”

[I say “VERY VERY GOOD”]

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

I Can't Lose – Jonas Brothers

Warm – Ariana Grande

Gameboy -Katseye

Happen To Me – Russell Dickerson

Communicating – Bad Suns

Better Than Today – Kylie Minogue

Tables – Jonas Brothers

AEROBIC BOOSTER

Opalite – Taylor Swift

AEROBIC DANCES

1.Lover Girl - Laufey

2.Looking Up – Elton John

3.Nice 'N Easy - Michael Bublé

4.Good Lovin' – The Young Rascals

5.Drives My Truck – Chase Matthew

6.Relentless/Live It Up - Sophia Ella Berton/Jennifer Lopez

7.Mysterious Girl – Damiano David

8.Rebel Heart – Rod Stewart

9.Back In The Saddle/Down At The Twist And Shout -Luke Combs/Mary Chapin Carpenter

10.Night and Day – Rod Stewart

COOLDOWN

Let Me Love You – Amber Mark