



**SPRING Dance 2026 by Jacki Sorensen**  
**“HAPPY”**

**Happy Happy Happy**

**Schedule a Zoom or Video class at this link:**

**<https://thefitnessbreak.punchpass.com>**

**Email: [theFitnessBreakStudio@gmail.com](mailto:theFitnessBreakStudio@gmail.com)**

**STRENGTH SEGMENT: Warmup, Stretch, Abs, Core, Push-ups, Vertifirm**

Dolce Vita - Sophie Ellis-Bextor

Happy Together - The Turtles

Mind Reader - Mimi Webb, Meghan Trainor

Fallin' For You - Colbie Caillat feat Maren Morris

Crush - Zara Larsson

Let's Stay Together - Bruno Mars

Love That I Love You - Russell Dickerson

**AEROBIC BOOSTER**

Don't Click - Ava Max

Enjoy Yourself - Kylie Minogue

**AEROBIC DANCES**

1. Tell Her About It - Billy Joel

2. Love Me To Heaven - Jonas Brothers

3. I Just Wanna Be Happy - Gloria Estefan

4. Saltwater Cinderella/Country AF - Chase Matthew/Colt Ford feat Jay Webb

5. Stay On Me - Sophie Ellis-Bextor

6. Stateside/Roots - PinkPantheress with Zara Larsson/Calum Scott

7. Mamma Mia/Waterloo - Abba/Abba

8. She Makes Me Happy - Rod Stewart

9. Southern Nights - Glen Campbell

10. So Easy (To Fall In Love) - Olivia Dean

**COOLDOWN**

Stuck - Lany