



SUMMER Dance 2026 by Jacki Sorensen
“Sweet Summer”

So Happy it's Summer!

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

Center Of The Universe - Axwell

Island Song - Zac Brown Band

Sugar - Maroon 5

Searchlight - Phillip Phillips

River Bank - Brad Paisley

I Really Like You - Carly Rae Jepsen

Just A Memory - Train

AEROBIC BOOSTER

Lost At Sea - Zedd feat Ryan Tedder

Naturally (Remix) - Selena Gomez

AEROBIC DANCES

1. Lips Are Movin - Meghan Trainor

2. Like Nobody's Around/Oh Cecilia (Breaking My Heart) - Big Time Rush/The Vamps
feat Shawn Mendes

3. How To Be A Heartbreaker - Marina And The Diamonds

4. Dance With Me - Kelly Clarkson

5. Feelin' It - Scotty McCreery

6. I Can't Help Myself (Sugar Pie, Honey Bunch)/Sea Cruise - The Four Tops/Jimmy
Buffett Live

7. Desire - Years & Years

8. Let Me Down Easy - Sheppard

9. All You Had To Do Was Stay - Taylor Swift

10. Summer Wind - Michael Bublé

COOLDOWN

Love Me Like You Do - Ellie Goulding