

2016 Enhance Fitness[®] Low-Impact Choreo Session

Shawn Sredersas

1. Song: No Place I'd Rather Be

Artist: Kam Franklin

Album Title: No Place I'd Rather Be Single Time: 3 minutes

Warm up: Forward torso sweep, heel taps, march center, march side, arms up, arms across

2. Song: Reach Out, I'll Be There

Artist: The Four Tops

Album: Motown 50th Anniversary Time: 2.75 minutes

Warm stretch: Squats, arms reach, pull forward, arm forward stretch, hand flexion (extra drop-squat)

3. Song: Can't Stop The Feeling

Artist: Justin Timberlake

Album Title: DreamWorks' "Trolls" Time: 3.75 minutes

Motions: 4 step & pull side slides, arms up, put in pocket, arm slow stretch, 2 heel tap front, toe tap front, side back

4. Song: Better When I'm Dancing

Artist: Meghan Trainor

Album: Peanuts Motion Picture Soundtrack Time: 3 minutes

Motions: 2 arm swings sidestep, step out, arms up, gallop, wash windows, hip sway, dry back, pony, brush hair

5. Song: Move Keep Walking

Artist: TobyMac

Album: This is Not a Test (Deluxe Edition) Time: 3.5 minutes

Motions: Spinal rotation, reach side-middle-side, center chest press, lift your head, knee draws, opposing elbow cross

Lora Underwood

1. Song: Ring My Bell

Artist: Power Sport Team

Album Title: Powerful Uptempo Workout Time: 4.5 minutes

2. Song: Fresh

Artist: Kool & The Gang

Album Title: Kool & The Gang Time: 3.75 minutes

3. Song: My Girl

Artist: The Temptations

Album Title: Number 1's, the Temptations Time: 2.75 minutes

Julie Ebenstein

1. Song: Hot, Hot, Hot

Artist: Buster Poindexter

Album Title: Buster Poindexter

Time: 4 minutes

2. Song: That's My Kind of Night

Artist: Luke Bryan

Album Title: Crash My Party

Time: 3 minutes

3. Song: All Out of Love

Artist: Newton

Album Title: Sometimes When We Touch

Time: 3.25 minutes

4. Song: Calendar Girl

Artist: Neil Sedaka

Album Title: Definitive Collections

Time: 2.75 minutes