

SEPTEMBER 2023

MASTER TRAINER PLAYLIST | SUZANNE

BE MY BABY (WORKOUT MIX), F 50'S, 60'S GIRL! POWER (60 MINUTE NON-STOP WORKOUT @ 128 BPM) WARM UP
BIG GIRLS DON'T CRY, THE FOUR SEASONS, THE VERY BEST OF FRANKIE VALLI AND THE FOUR SEASONS, ECS
JOHNNY'S MAMBO, DIRTY DANCING ORCHESTRA, DIRTY DANCING (ORIGINAL CAST RECORDING), SALSA OR MAMBO
HUNGRY EYES (REMIX EDIT), PARIS ENCORE, DJ'S SUMMER SOUND, PASO DOBLE
CRY TO ME, SOLOMON BURKE, WCS OR FOXTROT
LOVE MAN, OTIS REDDING, SOUL MANIFESTO: 1964-1970, JIVE
WIPEOUT, SURFARIS, THE BEST OF THE SUFARIS, TWISTING
OVERLOAD, ZAPPACOSTA, DIRTY DANCING (ORIGINAL MOTION PICTURE), TANGO/PASO
SLOWER VERSION CRY TO ME, KILOTILE, LIF TANGO/PASO COMBO
DIRTY DANCING ORCHESTRA, DIRTY DANCING (ORIGINAL CAST RECORDING), MERENGUE W
HEY BABY, BRUCE CHANNEL, DIRTY DANCING (ORIGINAL MOTION PICTURE), JIVE W
LOVE IS STRANGE, MICKEY & SYLVIA, DIRTY DANCING (ORIGINAL MOTION PICTURE), CHA CHA W
DO YOU LOVE ME, THE CONTOURS, LINDY HOP
THE ARMS OF MINE, OTIS REDDING, THE BEST OF OTIS REDDING, VIENNESE WALTZ
YES, MERRY CLAYTON, DIRTY DANCING (ORIGINAL MOTION PICTURE), QUICKSTEP
(I'VE HAD) THE TIME OF MY LIFE, DIRTY DANCING (ORIGINAL MOTION PICTURE), SALSA
SHE'S LIKE THE WIND, PATRICK SWAYZE, DIRTY DANCING (ORIGINAL MOTION PICTURE), COOL DOWN

