

FEBRUARY 2025

CHAIR FITNESS PLAYLIST

SWEETER (WHEN YOU'RE DANCING), LILY ELISE: WARM-UP

1,2,3 (FEAT JASON DERULO & DE LA GHETTO), SOPHIA REYES: SALSA

STUPID CUPID, CONNIE FRANCIS: LINDY HOP

FIRE UNDER MY FEET, LEONA LEWIS: QUICKSTEP

L O V E, MICHAEL BUBLE: FOXTROT

EXPRESS YOURSELF, MADONNA, SHEP PETTIBONE: DISCO

COME BABY COME, GIZELLE D'COLE, ELVIS CRESPO: MERENGUE (WEIGHTS)

VALENTINE, MARTINA MCBRIDE, JIM BRICKMAN: RUMBA (WEIGHTS)

THIS WILL BE (AN EVERLASTING LOVE), NATALIE COLE: RUMBA

YOU GIVE LOVE A BAD NAME, BON JOVI: PASO DOBLE

APT., ROSE BRUNO MARS: LIF JIVE

TWIST AND SHOUT, THE BEATLES: TWISTING

MAKE YOU FEEL MY LOVE, ADELE: COOLDOWN