

FEBRUARY 2025

FITNESS PLAYLIST

ST. ELMO'S FIRE - FITNESS VERSION, TRANCEMISSION: WARM-UP
1,2,3 (FEAT JASON DERULO & DE LA GHETTO), SOPHIA REYES: MAMBO
BETTER THAN EVER, FLIGHT FACILITIES, ALOE BLACC: LINDY HOP
BEEN LIKE THIS, MEGHAN TRAINOR, T-PAIN: QUICKSTEP
L O V E, MICHAEL BUBLE: FOXTROT
EXPRESS YOURSELF, MADONNA, SHEP PETTIBONE: LATIN HUSTLE/ NEW YORK HUSTLE
BAILA, ILLEGALES: MERENGUE (WEIGHTS)
SMOOTH, SANTANA, ROB THOMAS: CHA CHA (WEIGHTS)
SWEETER (WHEN YOU'RE DANCING), LILY ELISE: JIVE (WEIGHTS)- INTRODUCE LIF PATTERNS
APT., ROSE BRUNO MARS: LIF JIVE
VALENTINE, MARTINA MCBRIDE, JIM BRICKMAN: RUMBA
TUTTI FRUTTI, LES GREENE: TWISTING
I HATE LOVE SONGS, KELSEA BALLERINI: VIENNESE WALTZ
MILLION DOLLAR BABY, AVA MAX: CHA CHA/SALSA COMBO
MAKE YOU FEEL MY LOVE, ADELE: COOLDOWN