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Cardio Dance Class Fitness for All

1. Noun _____
2. Number _____
3. Noun _____
4. Verb _____
5. Noun _____
6. Noun - Plural _____
7. Verb - Present Tense _____
8. Preposition Or Subordinating Conjunction _____
9. Coordinating Conjunction _____
10. Adjective _____
11. Noun _____
12. Verb _____
13. Number _____
14. Adjective - Superlative _____
15. Noun _____
16. Noun _____
17. Noun - Plural _____
18. Noun _____
19. Adjective _____
20. Proper Noun _____
21. Proper Noun _____
22. Adjective _____
23. Noun - Plural _____

24. Noun - Plural _____

25. Number _____

26. Noun _____

27. Coordinating Conjunction _____

28. Verb _____

29. Adverb _____

30. Verb - 3Rd Person Singular Present _____

31. Adjective _____

32. Noun _____

Cardio Dance Class Fitness for All

Cardio Fitness is more than a just another passing _____Noun_____ trend. Andrea, the instructor with more than _____Number_____ years of experience, plans a _____Noun_____ and motivating way to _____Verb_____ calories. The payoff is increased fitness and _____Noun_____ reduction.

We begin with floor exercises, for example, lunges while holding _____Noun - Plural_____ pound weights in each _____Verb - Present Tense_____, holding a _____Preposition or subordinating conjunction_____ position for 30 _____Coordinating conjunction_____, and 20 crunches. Then we really get going. The music gets _____Adjective_____ and we dance like there's no _____Noun_____. If you like to _____Verb_____ it, and work muscles you didn't know you had, come to this _____Number_____ minute class and let loose. Andrea plans her dance routines with a mixture of today's _____Adjective - Superlative_____ dance steps, including _____Noun_____ kicks, _____Noun_____ vines and polka _____Noun - Plural_____. She chooses music to inspire us to loosen up and experience the _____Noun_____ of movement. Music genres include the infectious energy of today's _____Adjective_____ hits from Pit _____Proper Noun_____ and DJ _____Proper Noun_____, to _____Adjective_____ latin vibes, and Bollywood-inspired music and of course, a few country tunes. The music is carefully chosen to guide us from loosening up the _____Noun - Plural_____ and getting active, to sweating out _____Noun - Plural_____ with music that has _____Number_____ beats per _____Noun_____ and finally, cooling down with satisfaction.

Throughout the session, Andrea keeps the _____Coordinating conjunction_____ up and reminds us to _____Verb_____ and bring

those _____Adverb_____ a little higher. The goal is to get every person who _____Verb - 3rd Person Singular Present_____ in to walk out feeling better, and who doesn't get _____Adjective_____ after busting a _____Noun_____?

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