

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

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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 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?