

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 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 _____?