

**FitSteps® Ballroom & Beyond**  
**Friday, 12:15 – 1:45pm**  
**June Kahn**  
**<http://FitStepsDance.com>**

## Meet FitSteps

FitSteps® is an energetic, upbeat dance class that mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances.

## Methods of Incorporating FitSteps

- Incorporate dances into your established fitness classes by purchasing specific dances a la carte or in bundled packages
- Teach an entire FitStep class by becoming a FitSteps instructor, unlocking more dance genres than offered a la carte

## Today's Playlist

- Warm Up – Pulse Raiser - Mixer
  - Party Rock
- American Smooth 1
  - Ain't That a Kick in the Head
- Charleston
  - You Can't Hurry Love
- Jazz
  - Like A Virgin
- Argentine Tango
  - Knock You Out
- Cha Cha
  - Where Have You Been
- Jive
  - Dance With Me Tonight
- Waltz
  - At This Moment
- Disco
  - Fame
- Salsa
  - Ain't Nobody
- Double Fusion / Charleston / Jazz
  - Ladies Night
- Cool Down
  - You Know How I feel