

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 _____?