

### **Shallow GM (50 mins)**

Come Fly with Me-Stationary Warmup

Let Yourself Go- Cardio Warmup (Traveling/walk/jog)

----Dizzy- (1 min)---MC-Integrated Upper Body-Figure 8's /SWEAT

Jailhouse Rock-CR-Jog/SWEAT

----Dizzy--(1 min)--MC-Push/Pull Upper Body-Whirlpool arms/Basketball/Press palms behind

Get on Your Feet-CR-Kick/SWEAT

----Dizzy--(1 min)--MC-Integrated Upper Body -Circles(arms)/SWEAT

Happy Together-CR-Rocking/SWEAT

----Dizzy--(1 min)--MC/Safety Skill-Sculling Suspended

Rock around the Clock-CR-Jump/SWEAT

---Dizzy--(1 min)-MC-Biceps Bubbles/Forearms Bongos/Core Stabilizers Push Ball

I Just want to be Happy-CR-Scissors/SWEAT

---Dizzy--(1 min)-MC-Posture Muscles/Rhomb/Traps/Lats

William Tell Overture-CR-Intervals-Formation-Circle

---Dizzy--(1 min)--MC-"Hugging" Muscles/Pects

Conga- Fun/CR/MC-"Essence of Zumba"

YMCA- Balance & Fun- Leap & Hold on 1 leg/YMCA

On the Sunny Side- Formation/ Dynamic Warm down-2 parallel lines & partner walk through, etc

Watermark-static stretch warmdown/ROM/Exit

### **Shallow /Deep (50min)**

Happy-Stationary Warmup

Freedom-Cardio Warmup

Surfin USA- CR-Jog/SWEAT

Wipeout-Figure 8's

Cotton Eyed Joe-CR-Kick/SWEAT

Heartaches-MC-Pects/SWEAT

La Bamba-CR-Rocking/SWEAT

Flight of the Bumblebee-MC-Scull Suspended/SWEAT

JumpinJump-CR-Jump/SWEAT

Usher-MC-Rotator Cuff/ Shoulder/Back

Black Horse & Cherry Tree-CR-Scissors/SWEAT

Respect-MC- Biceps Bubbles/Bongos/ SWEAT

-----Bubbles------(30 sec) transition to noodles

That's What I Like-CR--Travel to Deep- Bicycle/Jog/SWEAT

Syncopated Clock-MC- Tilting/Core/SWEAT

William Tell Overture-CR-Intervals-Jog/Bicycle/Scissor/SWEAT

Sarafina!-MC-Arms Only-----travelling to shallow water----

Never Going Back-Balance (noodles to help balance)- heel/toes walking/BOS changes

Concerning the Hobbits-Warm down (static/ROM)

