



## **Essential Disco 2 - 65-Minute Group Fitness Class Plan**

A full-length disco-fueled workout designed for Hi-Lo Aerobics, Dance Fitness, or Cardio Conditioning classes. Use these moves with [Essential Disco 2](#), a brand new Original Artist fitness music mix from MX Fit!

### **1. Warm-Up – 10 Minutes (125–130 BPM)**

Goal: Loosen up, increase heart rate, prep joints & muscles

Vibe: Low-key disco groove to get into the rhythm

- 0–3 min: March in place → Step Touch → Shoulder Rolls
- 3–5 min: Grapevine with arm sways → Heel Digs with reach
- 5–7 min: Hamstring curls → Step Knees → Wide Step Touch with deep breathing
- 7–10 min: Add low squats → Standing torso twists → Light bounce in place

### **2. Main Workout – 45 Minutes (130–140 BPM)**

Goal: Cardio build, strength/cardio mix, peak intensity, FUN

Structure: 3 Blocks of 15 Minutes Each, increasing in intensity

#### **Block 1: Cardio Choreo & Rhythm (130–134 BPM)**

- 2x Grapevine + 2x Step Kick
- 4x V-Step + 4x Knee Lifts
- 2x Turn Step + 4x Jumping Jacks
- Optional: Disco walk + arm flicks

#### **Block 2: Power Cardio & Intervals (135–138 BPM)**

- 1 min Jump Squats + Punches
- 1 min Skaters
- 1 min High Knees + Disco Arms
- 1 min Fast Feet → 4x Jumping Jacks
- Recovery: March, Step Touch, Deep Breath

#### **Block 3: Peak Performance + Freestyle (138–140 BPM)**

- Jack + Turn + 4x High Knees
- Burpee (or squat thrust) + Disco Jump

- 2x Lateral Lunge + Pose
- Final 5 min: Freestyle Dance-Off or Combo Recap

### **3. Cool Down – 10 Minutes (120–115 BPM)**

Goal: Lower HR, stretch major muscle groups, feel good

Vibe: Smooth, soulful disco or mellow funk groove

- 0–2 min: Step Tap + Big Arm Circles
- 2–4 min: Shoulder stretch → Chest opener
- 4–6 min: Wide squat hold → Side-to-side sway
- 6–8 min: Seated or standing hamstring + calf stretches
- 8–10 min: Slow spine roll, deep breathing, optional meditative moment

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