

BUST A MOVE

dance fitness bingo



Looking for a fun way to try dance fitness? How about a game of BINGO?

Step 1: Gather your players: family members, friends, or co-workers. Make sure everyone has a DANCE card.

Step 2: Set a time limit for your game (e.g. 1 or 2 weeks).

Step 3: Choose your prize. Perhaps the winner is treated to a coffee or movie date, gets to decide on the activity for your next outing, or they simply get bragging rights!

Step 4: Play! Each square links you to a free online dance workout video. Complete dance workouts in the various squares and check them off. One line in any direction (vertical, horizontal, or diagonal) is a DANCE BINGO!

D	A	N	C	E
30-minute Zumba Dance Workout	20-minute Cardio Salsa	30-minute Belly Dancing	30-minute Barre Sculpting Workout	30-minute NIA Flow Dance
25-minute Hip Hop Tabata	20-minute Buti Yoga Workout	30-minute Island Vibes Dance Cardio	20-minute Disco Dance Workout	15-minute Hoola Hoop Dance Workout
30-minute Cardio Dance	30-minute Low-Impact Dance Grooves	30-MIN DANCE PARTY TO YOUR FAVOURITE TUNES	15-minute Country Music Dance Workout	30-minute Cardio Dance + Yoga
10-minute Bollywood Dance Workout	30-minute Dance + Cardio Kickboxing	18-minute Pound Rockout	15-minute African Dance Workout	30-minute Dance Flow Choreography
20-minute Low-Impact Burlesque Cardio	15-minute Dance Party for Positive Energy	20-minute Cardio HIIT Dance	20-minute 2 Mile Walk Dance Cardio Party Workout	15-minute Dance Cardio Shadow Boxing

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