

Fusion Fit Part 2 :

4 Weeks | 3 Sessions per week | 28 Videos | Int/Adv

Welcome to part 2 of your Fusion Fit Program! It's time to turn up the heat!

This program was made for two types of people:

- 1) Fitness buffs - You actually don't have to be a belly dancer to benefit from Datura Online classes...anyone can benefit from a good work out!
- 2) Dancers - Keeping your body in tip top shape with yoga, Pilates and more traditional fitness routines will support all aspects of your dance! Especially these classes, which were developed with a dancer's body in mind.



The continuation of the Fusion Fit program will delve into our full collection of Yoga, Pilates, strength training, and cardio classes to keep you strong and flexible, no matter what your ultimate fitness goals may be! Made with tight schedules in mind, we'll give you everything you need in an hour or less per session, for just three days a week. We've created these three day practices as our personal recommendation for just one example of a healthy lifestyle practice, but feel free to use the shorter sessions on their own if you only have time for one short tune up per week. It's designed to be repeated, so if you love how you feel after four weeks, keep on trucking! We're here for ya!

During the week the program switches between full classes with one instructor and our special mix and match sessions where we've combined segments of classes from different teachers that compliment each other well to achieve the specific theme of each session.

Please note: This program is designed for people with previous Yoga and Pilates experience. Want a test to see if the level of the program is right for you? We highly recommend taking Ashley Lopez's Basic Yoga and Beginning Pilates workshops. If you are comfortable with the level of those classes then full steam ahead! If you find them a bit challenging at this time, no worries! Just stick with these workshops for a few weeks before trying this intermediate program.

And remember, it's always best to check with your healthcare professional if you have any questions regarding your health before starting any fitness routine.

Now let's get strong!

FUSION FIT PART 2 PROGRAM OVERVIEW

FUSION FIT PART 2 : WEEK 1				
Session 1 (53:33)	Yoga-Pilates Flow: # 2			
Session 2 (39:17)	Ab Warm Up + Conditioning: # 2	Heart Throb Mini: Jumping Jacks	Built: Torso Strengthening Spotlight	Short Full Body Cool Down
Session 3 (31:34)	Conditioning: Plank	The Choo Choo Shimmy	Cool Down for the Lower Body and Spine	

FUSION FIT PART 2 : WEEK 2				
Session 1 (47:19)	Intermediate Pilates for Belly Dancers			
Session 2 (38:10)	Heart Throb Warm Up	Built: Lower Body Strengthening Spotlight	Cool Down for Length and Balance	
Session 3 (42:35)	Conditioning and Releasing		Finishing Practice for Flexibility and Relaxation	

FUSION FIT PART 2 : WEEK 3				
Session 1 (33:23)	Warm Up for Balance and Core	Quick Aerobic Warm Up	Heart Throb Mini: Jump Squats	Yoga Cool Down
Session 2 (45:47)	Warm Up for the Lower Body	Built: Lower Body Strengthening Spotlight	Zipper Drills	Cool Down and Stretch 2
Session 3 (1:03:41)	Heart Throb # 2			

FUSION FIT PART 2 : WEEK 4

Session 1 (49:59)	Collapsable Sigil Warm Up	Shimmy Drill Warm Up	Built: Upper Body Strengthening Spotlight	Cool Down and Stretch
Session 2 (42:01)	Warm Up for the Low Back and Balance	The Choo Choo Shimmy	Heart Throb Mini: Burpees	Compensation for Backward Bending
Session 3 (1:10:24)	Restorative Yoga			