

Fusion Fit Part 1 :

4 Weeks | 3 Sessions per week | 22 Videos | Int/Adv

This program was made for two types of people:

- 1) Dancers - Keeping your body in tip top shape with yoga, Pilates, and more traditional fitness routines will support all aspects of your dance! The classes in this program were developed with a dancer's body in mind.
- 2) 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!



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. This 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! 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'll be 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, 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 1 PROGRAM OVERVIEW

FUSION FIT PART 1 : WEEK 1			
Session 1 (1:15:20)	Basic Yoga		
Session 2 (39:35)	Warm Up for the Lower Body	Built: Lower Body Strengthening Spotlight	Cool Down for the Lower Body and Spine
Session 3 (1:00:12)	Basic Full Body Pilates Workout		

FUSION FIT PART 1 : WEEK 2			
Session 1 (59:35)	Yoga-Pilates Flow: # 1		
Session 2 (58:16)	Ab Warm Up + Conditioning: # 1	Built: Torso Strengthening Spotlight	Basic Yoga: Cool Down and Relax
Session 3 (49:24)	Pilates Conditioning and Warm Up	The Choo Choo Shimmy	Built: Flexibility for the Lower Body Spotlight

FUSION FIT PART 1 : WEEK 3			
Session 1 (43:21)	Yoga Practice for Belly Dance		
Session 2 (46:32)	Warm Up for Balance and Core	Built: Upper Body Strengthening Spotlight	Yoga Cool Down
Session 3 (53:48)	Heart Throb: Cardio Conditioning + Belly Dance Drills		

FUSION FIT PART 1 : WEEK 4

Session 1 (55:31)	Yoga for Backward Bending: Back Strength Emphasis		Built: Flexibility for the Torso Spotlight	
Session 2 (1:02:27)	Hip Love			
Session 3 (46:27)	Pilates Conditioning and Warm Up	Quick Aerobic Warm Up	Heart Throb Mini: Mountain Climbers	Built: Flexibility for the Lower Body