

Fitness Fiesta

Words and Music by Jack Hartmann, copyright 2011 Jack Hartmann

C'mon, join us, we're moving and grooving
It's a Fitness Fiesta

Spread your feet out wide as you bend your knees
Move your arms like a football, goal post please
Now twist side to side like a washing machine
We're gonna have a party there's an exercise
It's a fitness fiesta, count by five's

5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100

Let's keep it going

Make a fist with both hands arms side by your side
Chug-chug like a train on a choo-choo ride
Do the cha-cha, choo-choo let them ride
We're gonna have a party there's an exercise
It's a fitness fiesta, count by five's

5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100

Do your own dance and count

5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100

Fitness fiesta, fitness fiesta, fitness fiesta, county by five's