

## WaterART Music Selections



### MM-CD001 Simply Disco

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** Disco

**Time:** 90 min

**Time to pull out those bell-bottoms and boogie down to the sounds of DISCO -- songs we all know and**

**love!--for both young and young at heart.**

#### Disc 1/Side A

Track	Name	Comment	BPM/Time
1	<a href="#">Relight My Fire</a>	Made famous by Dan Hartman	128
2	<a href="#">Doctor's Orders</a>	Made famous by Carol Douglaus	128
3	<a href="#">Car Wash</a>	Made Famous by Rose Royce	128
4	<a href="#">Groove is in the Heart</a>	Made Famous by Dee-Lite	128
5	<a href="#">Shake Your Body Down To The Ground</a>	Made Famous by the Jacksons	128
6	<a href="#">Night Fever</a>	Made Famous by the Bee Gees	128
7	<a href="#">Disco Inferno</a>	Made Famous by the Traamps	128
8	<a href="#">Right Back to Where We Started From</a>	Made famous by Maxine Nightingale	128
9	<a href="#">Get Down Tonight</a>	Made Famous by KC & the Sunshine Band	128

#### Disc 2/Side B

Track	Name	Comment	BPM/Time
1	<a href="#">We are Family</a>	Made Famous by Sister Sledge	128
2	<a href="#">You Make Me Feel (Mighty Real)</a>	Made Famous by Sylvester	128
3	<a href="#">On the Radio</a>	Made Famous by Donna Summer	128
4	<a href="#">Heaven Must Be Missing An Angel</a>	Made Famous by Tavares	128
5	<a href="#">Boogie Fever</a>	Made Famous by the Sylvers	128
6	<a href="#">Brick House</a>	Made famous by the Commodores	128
7	<a href="#">Copacabana</a>	Made Famous by Barry Manilow	128
8	<a href="#">The Best of My Love</a>	Made Famous by Cheryl Lynn	128
9	<a href="#">Rock the Boat</a>	Made famous by the Hues Corporation	128

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



**MM-CDOO2**

**FINAL CUTS 3 - Group Strength 1**

**Use:** Strength, Step, Pilates

**Music Style:** World Beat, Tribal, Instrumental

**Time:** 60 min

**Vol. 3 of the popular Final Cuts series is sure to be a smash hit in your classes. All Instrumental makes the CD more timeless and usable for many types of classes.**

Disc 1/Side A			
Track	Name	Comment	BPM/Time
1	<a href="#">Shamenic Journey</a>	Original song by Muscle Mixes Music	126
2	<a href="#">Safari Sunrise (</a>	Original song by Muscle Mixes Music	126
3	<a href="#">New World</a>	Original song by Muscle Mixes Music	126
4	<a href="#">World Vibe</a>	Original song by Muscle Mixes Music	126
5	<a href="#">Lonely Paradise</a>	Original song by Muscle Mixes Music	126
6	<a href="#">Transcendence</a>	Original song by Muscle Mixes Music	126
7	<a href="#">Urban Motion</a>	Original song by Muscle Mixes Music	126
8	<a href="#">Time Vs. Energy</a>	Original song by Muscle Mixes Music	126
9	<a href="#">Shanghai</a>	Original song by Muscle Mixes Music	126
10	<a href="#">You and I</a>	Original song by Muscle Mixes Music	Chill-Out

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



## MM-CD003 FIT OVER 50 with Girls Like Us

**Use:** Seniors, Aqua, Sculpting, Step

**Music Style:** Swing, Disco, Show Tunes

**Time:** 90 min

**Join the growing number of 50-somethings who are serious exercisers. Songs from earlier eras, which appeal to all ages. Selected by Josie Gardner and Joy Prouty. (For a slower workout, teach in half-time)**

### Disc 1/Side A

Track	Name	Comment	BPM/Time
1	<a href="#">Maybe This Time</a>	Made famous by TBD	133
2	<a href="#">Can't Take My Eyes Off You</a>	Made Famous by Frankie Valli	136
3	<a href="#">More</a>	Made famous by TBD	140
4	<a href="#">They're Playing Our Song</a>	Made famous by TBD	143
5	<a href="#">Goin' Outta My Head</a>	Made famous by TBD	147
6	<a href="#">Another Cha Cha</a>	Made famous by Santa Esmerelda	151
7	<a href="#">Wash That Man</a>	Made famous by The Weather Girls	153
8	<a href="#">Stuff Like That There</a>	Made famous by Bette Midler	151
9	My Blue Heaven	Made famous by TBD	147

### Disc 2/Side B

Track	Name	Comment	BPM/Time
1	Fever	Made famous by Madonna	124
2	Is You Is Or Is You Ain't My Baby	Made famous by TBD	124
3	You Make Me Feel So Young	Made famous by TBD	124
4	Somewhere Over the Rainbow	Made famous by Judy Garland	124
5	Fly Me To the Moon	Made famous by TBD	124
6	It Had To Be You	Made famous by TBD	124
7	Get Happy/Happy Days Are Here Again	Made famous by TBD	124
8	Hello Dolly	Made famous by TBD	124

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



**MM-CD004 SILVERSNEAKERS VOL.1 Music for Seniors**

**Use:** Seniors,Aqua,Sculpting,Step

**Music Style:** Oldies

**Time:** 90 min

**The music for Silver Sneakers -a fitness program offered through a network of accredited fitness facilities and in partnership with managed care organizations (MCO) by Healthcare Dimensions.**

**Disc 1/Side A**

Track	Name	BPM/Time
1	Hello Dolly	124
2	Then Came You	124
3	Shoop Shoop Song (It's In His Kiss)	124
4	I Feel Lucky	124
5	Mockingbird	124
6	Havana Club	124
7	It Had To Be You	124
8	Get Happy/Happy Days Are Here Again	124
9	P.S. I Love You	Slow

**Disc 2/Side B**

Track	Name	BPM/Time
1	We Are Family	124
2	Fever	124
3	Iko Iko	124
4	Flashdance	124
5	(I've Had) The Time of My Life	124
6	Somewhere Over The	
7	Rainbow	124
8	Fly Me To The Moon	124
9	Unforgettable	Slow

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



### MM- CD005 YOGAFIT Music For Active Yoga Vol. 3

**Use:** Yoga, Stretch, Pilates

**Music Style:** Slightly Upbeat, Ambient, Chill-out

**Time:** 60 min

**Fast paced and intense, this is a solid strong CD for power classes and longer work phases. Follows the traditional Yogafit 3 mountain format with beautiful relaxation music at the end. This CD is also good for cycling classes.**

#### Disc 1/Side A

Track	Name	Comment	BPM/Time
1	<a href="#">The Healing Spirit</a>	Diane Arkenstone	
2	<a href="#">Heavy Air</a>	Bullitnuts	
3	<a href="#">Coasting</a>	Garry Judd	
4	<a href="#">Clearing the Past</a>	Genuine	
5	<a href="#">Ambiessence</a>	Natural Trance	
6	<a href="#">Guruh Guruh</a>	Natural Trance	
7	<a href="#">Elation (Wet Mix)</a>	Balligomingo	
8	<a href="#">Take A Picture</a>	Sa Trincha Dance	
9	<a href="#">Cloudwalker</a>	Ibizarre	
10	<a href="#">Now &amp; Then</a>	Genuine	
11	<a href="#">Angels Voice</a>	Paras Recordings	
12	<a href="#">Falcon Cove</a>	Elizabeth Falconer	

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**

## MM-CD006 ALIVE! Step vol. 51



**Use:** Step, Sculpting  
**Music Style:** Top40/Dance

**Time:** 90 min

**Come ALIVE! with this new Step release by Muscle Mixes Music..Top 40 hits everyone will know and enjoy.**

### Disc 1/Side A

Track	Name	Comment	BPM/Time
1	<a href="#">I'm Alive</a>	Originally performed by Celine Dion	128
2	<a href="#">Die Another Day</a>	Originally performed by Madonna	128
3	<a href="#">Stranger in My House</a>	TBD	128
4	<a href="#">I'm Your Baby Tonight</a>	Originally performed by Whitney Houston	128
5	<a href="#">Whatchulookinat</a>	Originally performed by Whitney Houston	128
6	<a href="#">Love At First Sight</a>	Originally performed by Kyle Minogue	128
7	<a href="#">Who Do You Love Now</a>	TBD	128
8	<a href="#">What A Fool Believes</a>	Originally performed by Doobie Brothers	128

### Disc 2/Side B

Track	Name	Comment	BPM/Time
1	<a href="#">Alive Again</a>	Originally performed by Cher	128
2	<a href="#">Hero</a>	Originally performed by Enrique Iglesias	128
3	<a href="#">Thousand Miles</a>	TBD	128
4	<a href="#">She Rocks My World</a>	Originally performed by Michael Jackson	128
5	<a href="#">Got to Get Through This</a>	TBD	128
6	<a href="#">Hot Stuff</a>	Originally performed by Donna Summer	128
7	<a href="#">High Energy</a>	Originally performed by Evelyn Thomas	128

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



**MM-CD011**  
**Silver Sneakers 6**

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** All Instrumental Time

**Time:** 90 min

**All instrumental swing music on one disc and instrumental cool-down music on the other. Great for classes that prefer no lyrics to compete with while teaching**

**Disc 1/Side A**

Track	Name	Comment	BPM/Time
1	<a href="#">The Wonder of Life</a>	Swing Instrumental	124
2	<a href="#">Blues Vision</a>	Swing Instrumental	124
3	<a href="#">Jovial Symphony</a>	Swing Instrumental	124
4	<a href="#">New York City Strut</a>	Swing Instrumental	124
5	<a href="#">Good Night Sunshine</a>	Swing Instrumental	124
6	<a href="#">Silver Stomp</a>	Swing Instrumental	124

**Disc 2/Side B**

Track	Name	Comment	BPM/Time
1	<a href="#">Inner Silence</a>	Stretch	Slow
2	<a href="#">Captivating</a>	Stretch	Slow
3	<a href="#">Fragile</a>	Stretch	Slow
4	<a href="#">Greetings</a>	Stretch	Slow
5	<a href="#">Maybe</a>	Stretch	Slow
6	<a href="#">Machines</a>	Stretch	Slow
7	<a href="#">I'm Still</a>	Stretch	Slow

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



**MM-CD010**

**Silver Sneakers 5**

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** Broadway

**Time:** 90 min

**Take your seniors to the street of Broadway-- songs you know they'll love, then change CDs**

**and have them sing a long to some great classics.**

**Disc 1/Side A**

Track	Name	Comment	BPM/Time
1	<a href="#">Give My Regards to Broadway</a>	A Tribute to Broadway	124
2	<a href="#">When You're Smiling</a>	Standard with Show tunes feel	124
3	<a href="#">One</a>	From Musical: A Chorus Line	124
4	<a href="#">All That Jazz</a>	From Movie: Chicago	124
5	<a href="#">Silver Stomp</a>	Muscle Mixes Music original with a Show Tune feel	124
6	<a href="#">Big Spender</a>	Standard with Show tunes feel	124
7	<a href="#">One Night Only</a>	From Musical: Dreamgirls	124
8	<a href="#">Carolina in the Morning</a>	Standard with Show tunes feel	124
9	<a href="#">Lullaby of Broadway</a>	From Musical	124

**Disc 2/Side B**

Track	Name	Comment	BPM/Time
1	<a href="#">Locomotion</a>	Made famous by Kyle Minogue	124
2	<a href="#">California Girls</a>	Made famous by the Beach Boys	124
3	<a href="#">She'd5s A Lady</a>	Made famous by Tom Jones	124
4	<a href="#">That'd5ll Be the Day</a>	Made famous by Buddy Holly	124
5	<a href="#">That'd5s the Way I Like It</a>	Made famous by KC & the Sunshine Band	124
6	<a href="#">Copacabana</a>	Made famous by Barry Manilow	124
7	<a href="#">Pretty Woman</a>	Made famous by Roy Orbison	124
8	<a href="#">Oye Come Va</a>	Made famous by Tito Puentes	124
9	<a href="#">Spanish Guitar</a>	Made famous by Toni Braxton	124

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



**MM-CD012**

**Funky Step –Step 57**

**Use: Step, Sculpting, Aquatic Fitness  
Music Style: Funky**

**Time: 90 min**

**Your class will move and groove to these funky sounds -- on or off the step.**

**Disc 1/Side A**

Track	Name	Comment	BPM/Time
1	<a href="#">Control</a>	Made Famous by Janet Jackson	128
2	<a href="#">Don't Cha</a>	Made Famous by Pussycat Dolls	128
3	<a href="#">One, Two Step</a>	Made Famous by Ciara	128
4	<a href="#">Creep</a>	Made Famous by TLC	128
5	<a href="#">This is How We Do It</a>	Made Famous by Montell Jordan	128
6	<a href="#">You Want This</a>	Made Famous by Janet Jackson	128
7	<a href="#">Black Coffee</a>	Made Famous by Fresh Prince	128
8	<a href="#">Hollaback Girls</a>	Made Famous by Gwen Stefani	128
9	<a href="#">Lose Control</a>	Made Famous by Missy Elliott	128
10	<a href="#">Here Comes the Hotstepper</a>	Made Famous by Ini Kamose	128

**Disc 2/Side B**

Track	Name	Comment	BPM/Time
1	<a href="#">Don't Phunk With My Heart</a>	Made Famous by Black-Eyed Peas	128
2	<a href="#">Turn Me On</a>	Made Famous by Kevin Lyttle	128
3	<a href="#">Move Ya Body</a>	Made Famous by Nina Sky	128
4	<a href="#">Toxic</a>	Made Famous by Britney Spears	128
5	<a href="#">Hung Up</a>	Made Famous by Madonna	128
6	<a href="#">Clubhopping</a>	Made Famous by Rob n Raz	128
7	<a href="#">Up To No Good</a>	Made Famous by DMX	128
8	<a href="#">Bounce to the Beat</a>	Made Famous by C&C Music Factory	128
9	<a href="#">Ooh La La Sassoon</a>	Made Famous by 2 Elvissa	128
10	<a href="#">Cha Cha Slide</a>	Made Famous by DJ Casper	128

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**MM-CD008**

**Silver Sneakers Latin**

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** Latin

**Time:** 90 min

The sounds of Puerto Rico, Cuba and more brought right into your classroom--these songs will certainly take your seniors down memory lane.

**Disc 1/Side A**

Track	Name	Comment	BPM/Time
1	<a href="#">Cuban Pete</a>	Made Famous by Desi Arnaz	124
2	<a href="#">Magdalena Mi Amor (Quimbera)</a>	Made Famous by DMG	124
3	<a href="#">Oye Como Va</a>	Made Famous by Tito Puentes	124
4	<a href="#">La Vida Es Un Carnaval</a>	Made Famous by Celia Cruz	124
5	<a href="#">Cuando, Cuando</a>	Made Famous by various artists	124
6	<a href="#">Yo Si Me Enamore</a>	Made Famous by Huey Dunbar	124
7	<a href="#">Abrazame Muy Fuerte</a>	Made Famous by Juan Gabriel	124
8	<a href="#">Suenos (En Mi Viejo San Juan/Lamento Borincano)</a>	Made Famous by various artists	124

**Disc 2/Side B**

Track	Name	Comment	BPM/Time
1	<a href="#">Mambo No. 5</a>	Made Famous by various artists	124
2	<a href="#">Linda Eh</a>	Made Famous by Grupo Mania	124
3	<a href="#">La Negra Tiene Tumbao</a>	Made Famous by Celia Cruz	124
4	<a href="#">El Africano</a>	Made Famous by Wilfrido Vargas	124
5	<a href="#">Suavemente</a>	Made Famous by Elvis Crespo	124
6	<a href="#">Another Cha-Cha</a>	Made Famous by Santa Esmerelda	124
7	<a href="#">Copacabana</a>	Made Famous by Barry Manilow	124
8	<a href="#">Cuba Libre</a>	Made Famous by Gloria Estefan	124

**Cost : \$26.00 US OR \$30.00 CAD ( LESS membership discount level)**



**MM-CD009**

**Swing and Big Band**

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** Swing

**Time:** 90 min

**These tunes will move you with big band hits everyone loves young and old!**

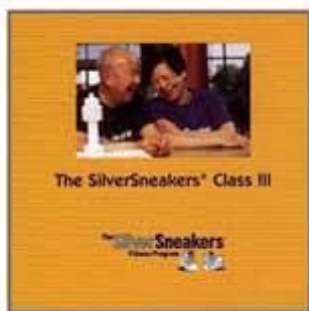
**Disc 1/Side A**

Track	Name	Comment	BPM/Time
1	<a href="#">When You're Smiling</a>		135
2	<a href="#">Volare</a>		136
3	<a href="#">Sweet Georgia Brown</a>		137
4	<a href="#">Ain't She Sweet</a>		140
5	<a href="#">Bill Bailey, Won't You Please Come Home</a>		142
6	<a href="#">Glow Worm</a>		142
7	<a href="#">Five Foot Two, Eyes Of Blue</a>		145
8	<a href="#">Chicago / My Kind Of Town</a>		145
9	<a href="#">Battle Hymn Of The Republic</a>		145

**Disc 2/Side B**

Track	Name	Comment	BPM/Time
1	<a href="#">Carolina In The Morning</a>		124
2	<a href="#">All Of Me</a>		124
3	<a href="#">Witchcraft</a>		124
4	<a href="#">Makin' Whoopee / Glory Of Love</a>		124
5	<a href="#">The Lady Is A Tramp</a>		124
6	<a href="#">Yes Sir, That's My Baby</a>		124
7	<a href="#">I've Got You Under My Skin</a>		124
8	<a href="#">You're Nobody 'Til Somebody Loves You</a>		124
9	<a href="#">Mame</a>		124

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**MM-CD007**

**SILVER SNEAKERS VOL. 3**

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** Oldies Time

**Time:** 90 min

A great mix of disco, latin, swing and oldies is what makes this series a best –seller

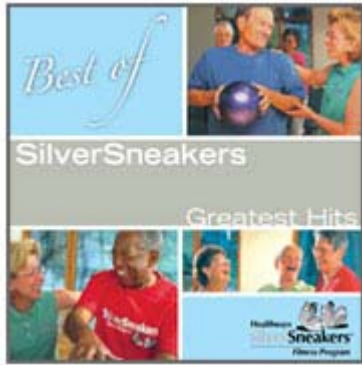
### Disc 1/Side A

Track	Name	Comment	BPM/Time
1	<a href="#">Mame</a>		124
2	<a href="#">Carolina in The Morning</a>		124
3	<a href="#">Witchcraft</a>		124
4	<a href="#">The Lady is A Tramp</a>		124
5	<a href="#">Yes Sir, That's My Baby</a>		124
6	<a href="#">You're Nobody Till Somebody Loves You</a>		124
7	<a href="#">Makin' Whoopie/Glory of Love</a>		124
8	<a href="#">I've Got You Under My Skin</a>		124
9	<a href="#">All of Me</a>		124

### Disc 2/Side B

Track	Name	Comment	BPM/Time
1	<a href="#">I Love the Night Life</a>		126
2	<a href="#">Meet'in in the Ladies Room</a>		126
3	<a href="#">I'm Your Baby Tonight</a>		126
4	<a href="#">Rock the Boat</a>		126
5	<a href="#">Can't Take My Eyes Off of You</a>		126
6	<a href="#">You Should Be Dancing</a>		126
7	<a href="#">Get Down Tonight</a>		126
8	<a href="#">La Isla Bonita</a>		126
9	<a href="#">Volare</a>		126

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## MM-CD013 Best of Silver Sneakers

**Use:** Step, Sculpting, Aquatic Fitness

**Music Style:** Swing, Disco, Show Tunes

**Time:** 90 min

**Time to pull out those bell-bottoms and boogie down to the sounds of DISCO -- songs we all know and love!--for both young and young at heart.**

### THE BEST OF SILVERSNEAKERS

We've hand-picked the very best songs from the ever-popular SilverSneakers CD series and put them all on this amazing compilation of 2 Discs. All 124 BPM and in 32 counts. 90 minutes of fantastic music --ORDER NOW~!

#### Disc 1/Side A

Track	Name	Comment	BPM/Time
1	<a href="#">You Should be Dancing (mp3)</a>	Made Famous by the Bee Gees	124
2	<a href="#">I Heard It Through The Grapevine (mp3)</a>	Made Famous by Marvin Gaye	124
3	<a href="#">Pink Cadillac (mp3)</a>	Made Famous by Natalie Cole	124
4	<a href="#">Buenos Aires (mp3)</a>	Made Famous by Madonna	124
5	<a href="#">Another Cha Cha (mp3)</a>	Made Famous by Santa Esmerelda	124
6	<a href="#">I'm Your Baby Tonight (mp3)</a>	Made Famous by Whitney Houston	124
7	<a href="#">I've Had the Time Of My Life (mp3)</a>	Made Famous by Bill Medley & Jennifer Warnes	124
8	<a href="#">La Isla Bonita (mp3)</a>	Made Famous by Madonna	124
9	<a href="#">Greetings (mp3)</a>	Original Song by Muscle Mixes Music	Slow

#### Disc 2/Side B

Track	Name	Comment	BPM/Time
1	<a href="#">Yes, Sir That's My Baby (mp3)</a>	Made Famous by Frank Sinatra	124
2	<a href="#">Fly Me To The Moon (mp3)</a>	Made Famous by Frank Sinatra	124
3	<a href="#">Is You Or Is You Ain't My Baby (mp3)</a>	Made Famous by Bing Crosby & The Andrews Sisters	124
4	<a href="#">You Make Me Feel So Young (mp3)</a>	Made Famous by Frank Sinatra	124
5	<a href="#">The Lady Is A Tramp (mp3)</a>	Made Famous by Frank Sinatra	124
6	<a href="#">Silver Stomp (mp3)</a>	Original song by Muscle Mixes Music	124
7	<a href="#">It Had To Be You (mp3)</a>	Made Famous by Frank Sinatra	124
8	<a href="#">I've Got You Under My Skin (mp3)</a>	Made Famous by Frank Sinatra	124
9	<a href="#">Good Night Sunshine (mp3)</a>	Original song by Muscle Mixes Music	124