



Calling all GLEEks! Come learn the GLEE numbers that made you jump off the couch and wish you were in The Club. Dance your teen angst away, then let Julz show you how to simplify any music video or TV performance into something your classes can use to melt calories and win at Regionals!

SOUNDTRACK

Hell to the No	3:05
Any Way You Want It / Lovin' Touchin' Squeezin'	3:07
Take Me or Leave Me	3:12
Give Up The Funk	4:30
Raise Your Glass	3:20
Touch a Touch a Touch a Touch Me	2:30
Loser Like Me	3:19
Touch a Touch a Touch a Touch Me	2:30
Forget You	3:41
Defying Gravity	2:29

1. Winning with Pop Culture Workouts

Fantasy

Reality

Delivery

2. Dreaming Up Dance Numbers

Fantasy

Reality

Delivery

3. Killing it in Your Class

Fantasy

Reality

Delivery

4. Creating Choreography To Go