

SPOTLIGHT: GROUP GROOVE

Group Groove® is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! *IF YOU CAN MOVE, YOU CAN GROOVE!*

WHAT MAKES GROUP GROOVE UNIQUE?



A DANCE-INSPIRED WORKOUT

Group Groove is an exercise experience that combines the joy of dance with specific fitness training objectives, allowing participants to gain both physical and psychological benefits. It's the perfect combination of serious fun and a serious workout!



PROFESSIONALLY DESIGNED CARDIO WORKOUT

Group Groove is professionally designed and tested to ensure participants will experience just the right combination of fitness and fun. The program is designed as a multi-peak cardio workout, ensuring participants receive, but certainly not limited to, a great cardiovascular training effect.



VARIETY OF DANCE STYLES

In order to reach a broad audience, Group Groove combines multiple styles of dance including club, Latin, and Hip Hop. Using such a wide variety of different dance styles provides variety for participants, allows the program to reach a diverse audience, and challenges people to get out of their comfort zone and dance like no one is watching!



COEXISTS WITH OTHER DANCE PROGRAMS

Because Group Groove is so much more than just a dance class, it can run alongside other more specialized dance classes. Group Groove provides a broader alternative that tends to be less "instructor dependent". This is due to the consistently high-quality programming that the whole team delivers.



MUSIC WITH BROAD APPEAL

The playlist of Group Groove has something for everyone. This means a variety of musical genres and decades. Rather than relying on one type of music, Group Groove caters to a mix of musical tastes in order to appeal to a wide and diverse audience of participants.



PROGRAMMED FOR ALL LEVELS

From first-time participants to those with dance backgrounds, the Group Groove workout offers options for every level of fitness and experience. The choreography is straight-forward, but not necessarily simple. The programming is cool, but not overly complicated. For anyone who wants to dance and is willing to learn, our best advice, *IF YOU CAN MOVE, YOU CAN GROOVE!*