

# GrXoup

# NEW

MEET US  
ON THE  
DANCE  
FLOOR!



# ZUMBA™

**SATURDAY | 10:30-11:30AM**

WITH HEATHER, MELISSA & KATE

IN THE GROUPIX ROOM!

**VISION**  
SPORTS CLUB

# GrXoup

## BACK-TO-BACK TUESDAYS

# NEW

**ABS EXPRESS : 8:45-9:15am**  
w/ Mary (GroupX)

**BARRE EXPRESS : 9:15-9:45am**  
w/ Heather (Track)



**TARGET YOUR ABS & CORE!**  
**2 DIFFERENT WORKOUTS- IN 1 HOUR!**

**VISION**  
SPORTS CLUB