



GET TO CLASS



**Group Power
January Release Party
NEW music and moves!**

**Wednesday, January 31
5:30-6:30pm | Studio One**

**Pre-registration required.
Call the welcome desk or
reserve your barbell online**

FREE for everyone.

THINK BEYOND PHYSICAL EDUCATION AND RAISE YOUR HAND FOR BRAIN HEALTH, AN ENDORPHIN CHARGE, IMPROVED MOVEMENT HEALTH, REDUCED STRESS, AND A BOOSTED MOOD. GET TO GROUP FITNESS WHERE YOU'LL GET AN A FOR EFFORT AND YOUR CLASSMATES WILL ALWAYS SAVE YOU A SPOT.