

LET'S SHAKE.
LET'S POP.
LET'S DROP.

LET'S
MOVE!



#letsmove





Group Groove® is the most exciting, enjoyable dance workout you've ever experienced! It's easy to get moving to your all-time favorite chart-topping songs from pop, Latin, club, hip hop, jazz, urban, swing, and more. You'll get low in the legs, hit a cardio high, and finish with a finale! Everyone is invited to this party because . . . *IF YOU CAN MOVE, YOU CAN GROOVE!*

Group Groove ensures the most thorough and rigorous program development process in the fitness industry. Each workout is tested with 3,000 participant experiences to ensure the highest level of quality, the most effective workouts, and a program you'll love time and time again.

“The playlist felt like a groovy trip around the world!” “Another BIG mix of tunes, styles, flavors, and feels!” “Loved starting the workout with JT’s newest hit!” “Sweat and smiles galore! From Warm-Up to Cool Down, this workout was an hour of pure dance joy!” “Everyone had their own personal Flashdance moment during FirstDANCE” “People went totally PRIMAL in that Finale – so fun!!!” “LowDANCE 1 has us drowning in our own sweat with The Water Dance!” “Finale meets CARNIVAL! That final peak will have you dancing in the streets!!”



SEE IT!