

GROUPX INSTRUCTOR



ALISSA MANFREDI

**“YOU WILL FEEL LIKE
YOU ARE PART OF A
TEAM, WITH ONE
MISSION, TO TAKE ON
THE NEXT CHALLENGE.”**

CLASSES:

- **BODYPUMP™**
- **GRIT™**
- **CX WORX™**
- **RAISEDBARRE™**
- **SPIN**
- **INTENSE BODY**

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