

WITH KRYSTAL MYRICK

JULY 10-AUG 2

TUES & THURS
5:30 PM

45 MINUTES

—
SIGN UP
NOW!



INSANITY® LIVE IS EXTREME CARDIO
CONDITIONING FOR EVERYONE. TOGETHER,
YOU'LL BUILD STRENGTH, IMPROVE
CARDIOVASCULAR ENDURANCE, AND
DEVELOP PRECISION AND SPEED—WITHOUT
LIFTING A SINGLE WEIGHT. YOU'LL DIG DEEP,
PUSH YOUR LIMITS, AND HAVE FUN
WORKING TOGETHER TO REACH YOUR
GOALS!

MEMBERS \$75
NONMEMBERS \$95