

INSANITY MAX 30



A low impact modified version is available!

JOIN US! GROUP EXERCISE CLASSES

MONDAYS, WEDNESDAYS, FRIDAYS
5:15-6:00 PM
@ **COMMUNITY HALL**

Bring shoes, towel, & water!
Mats will be provided.

Insanity Max 30 is an intense 30 minute DVD workout that is ideal for those who:

- want to challenge themselves
- are short on time
- don't want to use any equipment
- are at any fitness level

“The hardest 30 minutes of your day for the best results of your life.”

REGISTRATION REQUIRED

Starting
Monday,
January 18

Contact Brenden Biedermann,
Community Activator
to register
705-658-2194

brenden.biedermann@moosecree.com



"Moose Cree Community
Recreation Activator"

