

FITNESS PROGRAMS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELEASE YOUR INNER ATHLETE

ARE YOU IN?

Insanity is the hardest workout ever, guaranteed to get you in the best shape of your life! Through a combination of Max Interval Training and total-body conditioning, you will DIG DEEPER than you ever thought possible to build the strongest, leanest, most ripped body of your life!

Meeting Time | Offered through Thursday, December 19
Mondays | 5:30-6:30 pm
Thursdays | 6-7 am

Cost

Member: FREE | Community: Day Pass Fee | No Registration Required

Questions

Emily Fischer, Fitness Director | emily.fischer@glymca.org | 262.248.6211 x17

INSANITY
LIVE!