

New! **INSANITY**[®]

LIVE!

You may have seen commercials for the Insanity[®] program on TV... this is your chance to try it LIVE with a certified instructor!

INSANITY[®] LIVE is challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow and can be modified so each person can work up to their own best level. Participants should bring water, a towel, and an exercise mat as there are moves that are done on the floor.



Dates: Mondays, January 25th - March 7th
(6 classes, no class 2/15)
Time: 6:30 - 7:25 p.m.
Location: Senior & Disabled Center
Auditorium
Instructor: Karolyn Maloney
Fee: \$30 for residents / \$37 for non-residents
ID: **10822**



Newington Parks and Recreation Department * (860) 665-8666

