



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Beat the Holiday Stress!



BACK BY POPULAR DEMAND!

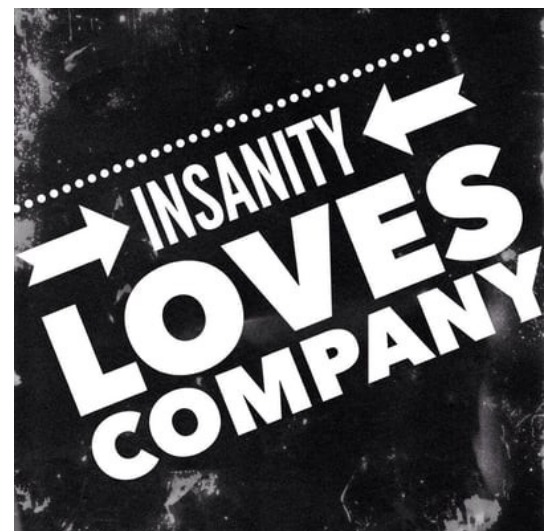
Get in shape for the Holidays with high-intensity workouts and a Certified INSANITY Instructor!

NOVEMBER 8th–DECEMBER 20th

- \$60 for members, \$80 for non members**
- 9:30–10 am, Monday, Wednesday and Friday in Studio 1**

PROGRAM INCLUDES:

- 3 fun, challenging Insanity workouts per week**
- Personalized coaching and modifications**
- 3 InBody Scans (measure fat loss/ muscle gain, a \$15 value!)**



Rocky Mount
235 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622



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INSANITY™

READY FOR INSANITY?

Join us for a **FREE** preview class on 10/30, 11/1, 9:30 am in Studio 1. Our Certified Insanity Instructor will lead you through the program that can help you achieve your New Year's goals by Thanksgiving!



WHEN YOU FEEL
LIKE QUITTING,
DO ONE MORE

INSANITY