

INSANITY®

60-DAY TOTAL-BODY CONDITIONING PROGRAM

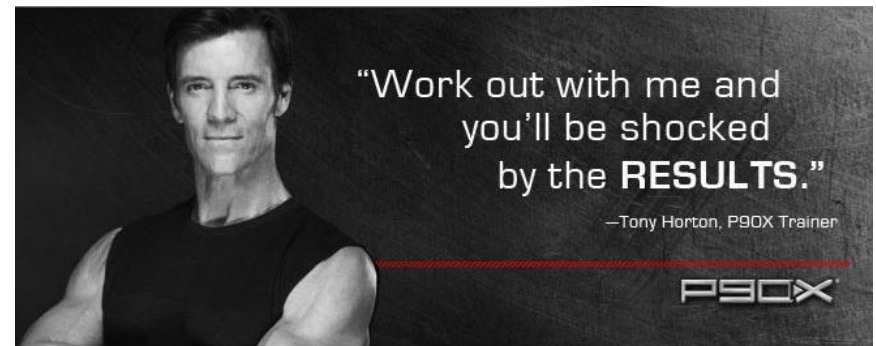
Central SDA Church
Family Life Center

6:00 – 7:00 PM on Tuesday and Thursday

Yoga mat, water bottle, and towel needed per individual.

There are six workouts:

- AB Ripper X
- Kempo X
- Cardio X
- Yoga X
- Plyometrics
- X Stretch



First day of your training begins on 4 December 2018.

| Tuesday | Thursday |
|-----------|-------------|
| X Stretch | Cardio X |
| Yoga X | Plyometrics |
| Kempo X | Ab Ripper X |

Six workouts + 60 days = SUCCESS!

P90X® is a complete home fitness system designed to get you in the best shape of your life.

Created by trainer Tony Horton, the program includes workouts that use body-weight training, cardio, plyometrics, Ab work, martial arts and yoga.

Contact Richard Wical for additional information at:
520-559-6067.