



Coming to RCCP in January 2018!

INSANITY

is group focused athletic training, cardio conditioning, and total body strength drills, designed for people of ALL levels. No equipment is needed and there are modifiers for all the moves! Come have some fun and torch calories at this high intensity cardio workout!

Join me Mondays from 6:00-6:45am

At River Cities Community Pool

(UW-Marinette Fieldhouse gym)

1125 University Drive

Marinette, WI 54143

\$25 for a month punch pass (8 classes) or \$5/class

FREE to members of RCCP