



INSANITY® LIVE WITH MEGGIN ANDERSON

INSANITY® LIVE - A challenging, group-focused athletic training, cardio conditioning, and total-body group circuit, designed for people of ALL fitness levels.

InsanityLIVE sets itself apart from your traditional group fitness setting because, as your Instructor, I work with each individual - one on one - Coaching you through each move by helping you with form and technique so you can enjoy the safest possible class and get those RESULTS!!

My goal is to help YOU succeed, and prove to yourself that YES, YOU CAN DO IT!

<http://www.megginandersonfitness.com/>

<https://www.instagram.com/megginanderson/>

Facebook: Lakes Region Health & Fitness

Insanity LIVE is similar to the home program, it was designed in such a way that ALL levels of fitness will be able to complete the workout!

**6 week session
Saturday Mornings
October 15-
November 19, 2016
8am-9am
Meredith
Community Center
Room B**

**Meredith Residents
\$60
Non-Residents \$65**

**Upbeat NEW music and
fresh moves keep the
workout exciting!**

MEREDITH PARKS & RECREATION

One Circle Drive
Meredith, NH 03253

www.meredithnh.org

603-279-8197

More sessions to
come...