



# No Limits Fitness

*Providing opportunities for individuals with special needs to participate in a fitness class adapted to their abilities.*

## ONLINE VIRTUAL CLASSES NOW AVAILABLE

Join our No Limits Fitness group fitness classes virtually!

- 60 minutes of adaptable movements
- A workout for individuals of all abilities

### Monthly Subscription:

\$100 per month - per organization

### Monthly subscription includes:

- 1 workout per week, participate live or at your convenience
- Engaging & different workouts each week
- Ability to send link to anyone within your organization
  - Group or private homes
  - Agencies
  - Day supports programs

**FREE trial class link coming to  
your email inbox next week!**



For more information or to register for a monthly subscription, contact **Jake Haile** at **701-551-5011** or **jake@tntkidsfitness.org**.

Visit our website  
[tntkidsfitness.org](http://tntkidsfitness.org)

