

# SPECIAL NEEDS FITNESS



L I M I T L E S S  
ADAPTIVE FITNESS


## OUR PROGRAM


- WEIGHT LIFTING
- CARDIO FITNESS
- YOGA
- COMMUNICATION SKILLS

## CLASS SCHEDULE

- COLTS NECK- Tuesday from 5:30-6:30pm  
14 Heyers Mill Road, Colts Neck, NJ,07722
- BELMAR- Wednesday from 6:30-7:30pm  
611 Main Street, Belmar, NJ, 07719
- HOWELL- Thursday from 5:00-6:00pm  
2206 Rt. 9, Howell, NJ 07731

## JOIN NOW

 732-841-5588

 [Limitless\\_adaptive\\_fitness](#)

 DDD approved vendor

