

# WHAT WE DO:

No Limit Fitness offers an opportunity for people to enjoy healthy living through exercise and nutrition. Our focus centers around fun, fitness, activity, and creating a welcoming facility to train, workout, and educate others.

The fact that No Limit Fitness does not have ties with a large chain allows staff to concentrate efforts on one location. No Limit Fitness primarily exists to provide healthy activity options for all income classes without compromising on the quality of service.

## NO LIMIT FITNESS

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 **NO LIMIT  
FITNESS**



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# WHO WE ARE:

No Limit Fitness (NLF) is a complete health & wellness company and teaching facility offering a variety of fitness classes and services. NLF features the popular Hip-Hop Cycling classes; which have grown in demand exponentially. NLF offers popular fitness courses including Zumba, aerobics, group fitness (outdoor/indoor), and other classes. Services at NLF have a holistic approach to health & wellness that include diet, nutrition information, and physical fitness for people of all ages. NLF also has on-site and community health awareness courses for the local community with several community organizations.



# NO LIMIT FITNESS

## SERVICES

Our Hip-Hop Cycling is unique to the Grand Rapids and Kentwood area and is the flagship for No Limit Fitness. No other fitness facility or gym is offering this fun way of exercising.

- Hip-Hop Cycling
- Zumba
- Personal 1 on 1 Training
- Group Fitness Training
- Aerobics
- Muscle Training
- Diabetes & Obesity Control
- Health Coaching

*For full description of services please visit our website.*

## PRICING

*Information about your packages.*

**Walk-In Customers:** \$5

**Membership Set Up Fee:** \$10 per member

**Monthly Membership:** \$24 per person;

- **Kentwood Public School Employee Membership:** \$15 per person;
- **Senior Membership:** \$15 per person;
- **Veteran Membership:** \$15 per person;
- **Grand Valley State University Faculty & Staff membership:** \$15 per person

*Cancellation requires a final charge of the next months' fee.*

**Family Membership:** 1st member is \$22, each additional member is \$10 each up to four. *Family payment plans/cancellation fees apply.*

**6-Month Membership Contract:** \$22 per month (\$132 annually); *\$50 cancellation fee.*

**12-Month Membership Contract:** \$22 per month (\$264 annually); *\$100 cancellation fee.*