

NO LIMIT

BOOT CAMP



GET FIT • SEE RESULTS

Increase Endurance

Get Lean

Burn Calories

For Men and Women

All Ages and Abilities

Fun Classes

Upbeat and Positive Certified Trainers

We can
tailor any of
our exercises
to give you the
best possible
workout.

Mondays & Wednesdays • 7pm – 8pm

Crestwood Rec & Wellness Center

5331 W. 135th St. • Crestwood

More info at **708-371-4810**

\$8 drop-in rate or purchase a punch card.

- **Battle Ropes**
- **Boxes, Tires, Plates**
- **BOSU, Medicine Balls**
- **Dumbbells/Barbells/Kettlebells**

We have a HUGE variety of exercises!

**Check out
No Limit Boot Camp
on Facebook!**