



BEYOND LIMITS

DANCE & FITNESS PROGRAM

≡ FOR ALL ABILITIES ≡



MONDAY



GET MOVING

Get your dance and
fitness fix with
Ali or Lys

🕒 10:45 – 11:30 AM

TUESDAY



POWER UP

with **Carrie**.

This class offers cardio,
agility, and strength training.

🕒 5:00 – 5:45 PM



THURSDAY



FEEL THE BEAT

a mix of rhythm and
movement using a
variety of instruments.
Explore the world of
percussion with **Colin**

🕒 5:00 – 5:45 PM

FRIDAY

YOU CHOOSE!



PIZZA PARTY
in Point Pleasant

OR

POOL PARTY
in Freehold

🕒 6:00 – 7:00 PM

**COMING
SOON!**



SPORTS SATURDAYS

Get into a variety of your
favorite sports with **Brayden**.
in our **Freehold** location

🕒 11:00 AM – 12:00 PM



Beyond Limits is a
DDD APPROVED VENDOR
that also takes private pay.



Please email us at
Beyondlimitssg@gmail.com
for all pricing and further details.

WE CAN'T WAIT TO MOVE WITH YOU! ❤️