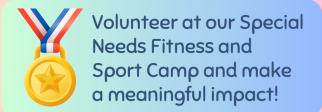
ONE WEEK SUMMER CAMP

Get ready for the ultimate
summer adventure at
Limitless Adaptive Fitness
Camp 2025! Packed with
sports, fitness challenges,
nutrition fun, creative arts and
crafts, and communication
skills, this camp is designed to
inspire, motivate, and
empower every participant to
reach their fullest potential





ACTIVITY SCHEDULE



- Epic Sports & Games! Soccer, Baseball, obstacle courses & more!
 Fitness Fun! – Dance–offs, ninja
 warrior challenges, yoga & strength
 training!
- Snack & Nutrition Zone! Taste new foods, create healthy snacks & learn about nutrition!
- Get Creative! Design your own sports jersey, make team banners & show off your style!
- Team Spirit & Social Fun! Make friends, build confidence, and celebrate your wins!

SPECIAL NEEDS CAMP

ADAPTIVE FITNESS SUMMER CAMP 2025



Ages 16 and up

CONTACT US TO SIGN UP (LIMITED SPOTS AVAILABLE)

732-841-5588 limitlessfitness295@gmail.com

DAILY CAMP SCHEDULE

9:00 AM - 9:30 AM

- * Team Spirit & Social Fun Meet new friends and get pumped for the day!
 9:30 AM 10:15 AM
- Epic Sports & Games Soccer, basketball, obstacle courses, & more! 10:15 AM - 11:00 AM
- Fitness Fun Dance-offs, ninja challenges, yoga, & strength training!
- ✓ Snack & Nutrition Zone Taste new foods and learn about nutrition!
 11:30 AM 12:00 PM
- **** Get Creative Design sports jerseys, make team banners, and more!**

PRICING

ENTIRE WEEK RATE - \$350 (custom limitless adaptive t-shirt will be provided, as well as snacks and water)



CONTACT US

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CAMP DATES

Camp 1- July 14th-18th 9am-12pm

LOCATION

489 Nautilus Drive Manahawkin, NJ 08050



