

## Tanning

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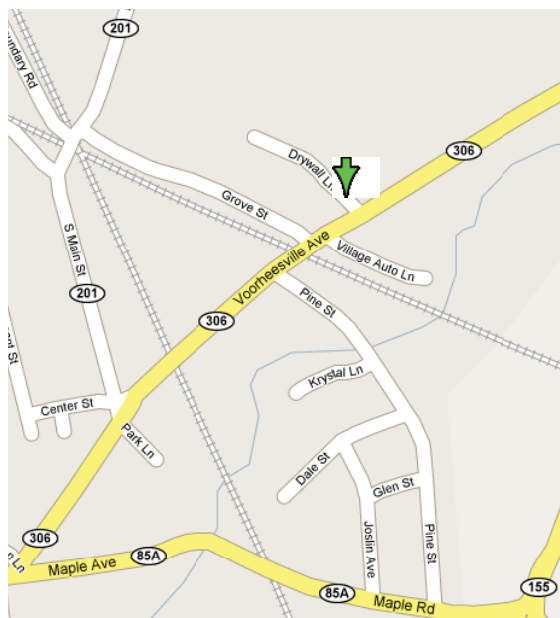
Indoor tanning in a **clean, comfortable** environment using **state of the art equipment**. We offer both **stand-up booth** and **bed** tanning.

**Single Session:**     **\$5/member**  
                              **\$6/non-member**

**1 Month Unlimited:** **\$20/member**  
                              **\$25/non-member**

## Location

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**18 Drywall Lane**  
**Voorheesville, NY 12186**  
**(518) 765-4000**  
**[www.nolimitsfitness.net](http://www.nolimitsfitness.net)**

## Pilates Playground

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Pilates is an exercise form which strengthens a person's core muscles from the inside out. With regular work, you are sure to improve your posture, breathing, strength, stamina, and flexibility. Currently, training is available in:

**Individual Sessions**

**Partner Sessions**

**Mat Classes**

**Student Classes**

**Pilates for Athletes**

**"SkeleToners" for Osteoporosis \***

Lessons are taught by Penny Shure (member of the Pilates Method Alliance). Penny has studied with some of the most respected members of the Pilates community including "elders" Mary Bowen, Lolita San Miguel and Ron Fletcher all trained directly by Joe & Clara Pilate.

*\* "SkeleToners" is a unique program run in conjunction with Dr. Leslie J. Botta, DC- which helps increase bone density.*

## Aikido

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Kokikai Aikido is taught by Sensei Vance Smith. Vance has achieved the respected rank of "Shandan" and has over a decade of experience training and instructing Aikido. Classes are available for both Beginners and Advanced students and are held on Mondays and Wednesdays.



**"Your Neighborhood Fitness Center"**

***At No Limits Fitness, we are committed to bringing you a neighborhood fitness center where you can realize your individual health goals in a clean, friendly, comfortable environment.***

**[www.nolimitsfitness.net](http://www.nolimitsfitness.net)**  
**(518) 765-4000**

## **Hours of Operation**

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**Monday - Friday.....5:30am - 10:00pm**

**Saturday - Sunday....7:00am - 3:00pm**

## **Fitness Center Options**

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**Individual:                   \$30/month\***

**Couple:                       \$55/month\***

**Family:                       \$70/month\***

\* Discounts Available for: *Students*  
*- Law Enforcement - Fire Department*  
*- Military Personnel - Seniors*

**Initiation Fee:               \$100**

## **What We Provide...**

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**Cardio Equipment w/Broadcast Vision**

**Personal Training**

**Strength/Resistance Training**

**Fitness Boxing Instruction & Class**

**Sport Specific Training**

**Classical Pilates Instruction & Class**

**Speed/Agility/Quickness Training**

**Nutrition Counseling**

**Senior Fitness**

**Aikido Club**

**Tanning Salon**

## **Cardio Equipment**

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We offer a **wide range of cardio equipment** including **treadmills, recumbent bikes, ellipticals, arc trainers, stairmaster, and stationary bikes.** Our neighborhood atmosphere and wide range of equipment helps assure that **there is always open equipment** when you come for your cardiovascular exercise. To enhance your workout you have the ability to view tv and listen through your personal headset.

## **Personal Training**

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At *No Limits Fitness* we have a diverse staff of trainers including **Ron's IFS (Individualized Fitness Solutions)** with a wide range of expertise. These include:

**Strength/Resistance Training**

**Functional Fitness**

**Toning & Sculpting**

**Weight Reduction**

**Nutrition**

**Body Building**

**Fitness Boxing**

**Senior Fitness**

In order to provide the best individualized training, all trainers are certified through nationally recognized programs. For more information on a specific program or trainer, pick up a flyer at the front desk of *No Limits Fitness*.

## **Intensive Sports**

### **Conditioning Through IFS**

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One of our most popular programs is the "Intensive Sports Conditioning". **IFS' unique** sports conditioning program has helped train high caliber athletes in many sports including: **Lacrosse; Basketball; Baseball; Football; Soccer, Track & Field; and many more.** The program serves to help athletes with:

**Speed/Agility/Quickness**

**Flexibility**

**Balance**

**Plyometrics**

**Endurance**

**Strength**

The aim of this program is to **maximize an athletes' performance,** while helping him or her remain **injury-free!**

