

LBS.

Circuit Training

2715 W. CENTRAL AVE.
TOLEDO, OH 43606
419.279.5921
LBsGym419@gmail.com
LBs419.com



\$5 SINGLE CLASS

\$15 WEEK UNLIMITED CLASSES

\$45 MONTH UNLIMITED CLASSES

Refer A Friend for a Chance to Win a Free Month!

WHAT YOU NEED TO KNOW:

Mind & Body: All of the classes offered at LBS. Circuit Training are open to everyone of all fitness levels, please go at your own pace & modify moves as needed but **most of all HAVE FUN!**

Feet: Class can be done in bare feet, socks or indoor shoes. **NO** outside shoes allowed on mats!

Hands: MMA Gloves. Borrow ours for \$1 per class (1st class free), bring your own or buy a pair from us!

Hydration: Water. Bring your own, use our water fountain, or buy bottled water for \$1.

Sweat: A Towel. You **MUST** bring a towel to class. Forget yours? Rent a towel from us for a \$1

Storage: We have lockers for storing your items during class.

Optional Monthly locker rental: \$10 half locker; \$15 full locker

Showers: Showers are available but please be mindful of time spent in showers and keeping the shower areas clean...we try to keep LBS class costs low so your help and consideration is appreciated!!

First Class?: Please arrive 10 minutes before your first class to fill out the necessary paperwork and get a run down of what to expect!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 A.M.	Vella Circuit	Wendy Circuit	Debra Circuit	LB Circuit	Wendy Circuit		
6 A.M.	Vella Circuit	Wendy Circuit	Debra Circuit	LB Circuit	Wendy Circuit	Wendy Circuit	
7 A.M.	LB Circuit	Debra Circuit	Debra Circuit	Debra Circuit	Debra Circuit	Wendy Pound	
8 A.M.	LB Circuit	Debra Circuit	Debra Circuit	Debra Circuit	Debra Circuit	Wendy Circuit	Wendy Upper Body Circuit
9 A.M.	LB Circuit	Nicole Circuit	LB Circuit	LB Circuit	LB Circuit	Debra Circuit	LB Sunday Funday 1.5 hours
10 A.M.	John Circuit	John Circuit	John Circuit	John Circuit	John Circuit	Debra Beginners	Alicia Low Impact 10:30 a.m.
11 A.M.							(See Below)
12:10-12:50	Nicole Express Circuit	Nicole Express Circuit	Nicole Express Circuit	Nicole Express Circuit	Nicole Express Circuit	John Strength & Stability Noon	
4 P.M.	LB Circuit	LB Circuit	LB Circuit	LB Circuit	Nicole Circuit		Debra Sunday Funday 1.5 hours
5 P.M.	LB Circuit	LB Circuit	LB Circuit	LB Circuit	Nicole Strength Circuit		Debra Beginners 5:30
6 P.M.	LB Circuit	LB Circuit	LB Circuit	LB Circuit	LB Happy Hour		
7 P.M.	Alicia Low Impact	Alicia Low Impact	Alicia Low Impact	Wendy Punch & Pound			
8 P.M.	Alicia LBsWeightList (4 weeks/\$20)	Nicole Strength Circuit	Melany Yoga (45 mins)	Chris M Basic Strength & Tone			

Stay Updated on All Things LBS!
Download the New LBS Circuit Training App!

Zumba: Sat. July 6 @ 11 a.m.

TwerkIt Circuit: Fri. July 12 @ 7 p.m.

Turbo Kick with Alicia: Sat. July 13 & 20 @ 11 a.m.

Yoga Sculpt with Gena: Sat. July 20 @ 7 a.m.

Yoga Basics with Gena: Sat. July 27 @ 11 a.m.

#LBsKids (ages 2-9): Sat. July 20 & 27 @ 1:15 p.m.

#LBsPT: \$20 for 30 mins/\$30 for 60 mins

10-30 mins sessions: \$180/ 10-60 mins sessions: \$280



LBs Nutritionist: Debra Bourn
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