

CLASS DESCRIPTIONS



THANK YOU TOLEDO!
Best Gym &
Personal Trainer



Circuit: Heart pumping, energizing, hybrid of cardio and strength training. Think burpees, pushups, box jumps, sit ups, bag work and weights. It's never the same class twice! You can modify the moves as needed BUT come prepared to work hard and sweat!

Low Impact: An easy-on-your-joints class that is perfect for ANYONE including beginners, but is still very challenging! This class will boost your energy level, burn calories, reduce stress and leaves you feeling great!

Beginners: A slow paced class specifically designed for people who are just getting back to working out or have never worked out before! This is a great introductory class focused on form and our basic LBs moves.

Express Circuit: Come get a mid-day energy boost! 40 minute class & includes warm up & cool down!

LBs Kids: Circuit class designed for children ages 2-9.

LBsWeightList: Mondays 8 p.m. for 4 weeks. Participate LIVE or join us VIRTUALLY. Receive & practice a weightlifting routine utilizing dumbbells on Monday; commit to repeat the workout twice on your own before the next class! (**\$20 for the 4 week session**).

Strength Circuit: Dedicated to lifting & core strengthening movements, no cardio.

Strength & Stability: Main focus is muscular stability, endurance and strength using controlled, unstable movements with medium to light weights.

Basic Strength & Tone: A slower paced, full body workout using dumbbells, kettlebells & body weight exercises. Great for just starting out or anyone looking to tone & tighten.

Upper Body Circuit: An upper body strength workout utilizing a combination of weights, kettle bells, resistance bands, TRX & body weight exercises.

Happy Hour: No Kids Please. Music will be extra loud & unedited.

Turbo Kick: A combination of kickboxing, calorie-blasting high intensity interval training, bodyweight & core work choreographed to the hottest music mixes

POUND: A cardio jam session inspired by the infectious, energizing & sweat-dripping fun of playing the drums. A full-body workout that combines cardio, conditioning & strength training with yoga & Pilates-inspired movements.

Punch & Pound: 30 minutes of rocking out with Pound, followed by 30 minutes of Punch; but let's not forget Core!

Dance Fitness with Coletta: Dance like no one is watching! Easy to follow and you'll get a full body workout by dancing to all forms of music and dance styles!

Yoga Basics: Combination of moving & sustained poses with attention to basic alignment. Learn proper breathing to enhance your strength & stretch your body.

Yoga Sculpt: Muscle meets yoga! Focus on strength & intensity to boost metabolism & build lean muscle. Strength training moves are added to a yoga sequence while moving to upbeat music.

**All classes offered at LBs. Circuit Training are open to everyone of all fitness levels, go at your own pace & modify moves as needed but most of all HAVE FUN! Good Vibes Only #LBS419



#LBsPT

\$20 for 30 minutes/\$30 for 60 minutes

10- 30 minute sessions: \$180

10- 60 minute sessions: \$280

For info or to schedule text 419.279.5921



LBs.
Circuit Training

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