


LLTFF (a Personal Fitness, Exercise Lifestyle & Training Company) "Llewellyn the Fit Foodie" - Alameda

alameda

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Discover LLTFF: Your Path to a Healthier Lifestyle

Welcome to ****LLTFF (Llewellyn the Fit Foodie)****, a personal fitness, exercise lifestyle, and training company located in Alameda, California. Here, we prioritize not only your physical health but also creating an inclusive atmosphere that supports everyone in their fitness journey.

Embracing Diversity: LGBTQ+ Friendly Environment

At LLTFF, we take pride in being an **LGBTQ+ friendly** facility. We believe that fitness is for everyone, regardless of gender identity or sexual orientation. Our goal is to create a welcoming and safe space for all individuals, including a **transgender safe space** that promotes comfort and acceptance.

Accessibility Matters

We understand the importance of accessibility in fitness programs. Our center features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can access our services without barriers.

Service Options That Fit Your Lifestyle

LLTFF offers a range of **service options** tailored to meet the diverse needs of our clients. Whether you prefer **online classes** from the comfort of your home or **on-site services** for personalized guidance, we have something for everyone. An **appointment is required** to ensure individual attention and service.

A Community of Support: Join the Crowd

Our community is vibrant and supportive, fostering a sense of belonging. As one client aptly remarked, **"Lifestyle says it all."** At LLTFF, we focus on changing thought patterns and encouraging sustainable living rather than relying solely on diets, workouts, or surgery. We offer practical solutions that integrate seamlessly into your daily routine.

From the Business: A Commitment to Transformation

As a **Black-owned** fitness company, LLTFF is committed to providing services that resonate with our community. Our philosophy rests on the belief that you don't need a lot of resources to change your lifestyle. Transforming into the person you aspire to be can be uncomplicated and affordable. Join us today at LLTFF, where we empower you to embrace your journey toward health and wellness. Let's work together to realize the person you are inside and out!

The location of our business is in

2601 Blanding Ave #248, 94501 Alameda, California - United States (US)

The phone number of this **Physical fitness program** is +1559-512-7116
And if you want to send a WhatsApp, you can do so at +1559-512-7116

We are open during the following hours:

Day Hours
Monday
5–11:30?PM
Tuesday
5–11:30?PM
Wednesday
5–11:30?PM
Thursday
5–11:30?PM
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
5–11:30?PM

The website is LLTFF (A Personal Fitness, Exercise Lifestyle & Training Company) "Llewellyn the Fit Foodie"

If you require to alter any data that you think is not correct about this web, we kindly request forward a message so we can we will fix it promptly. With anticipation thank you very much.

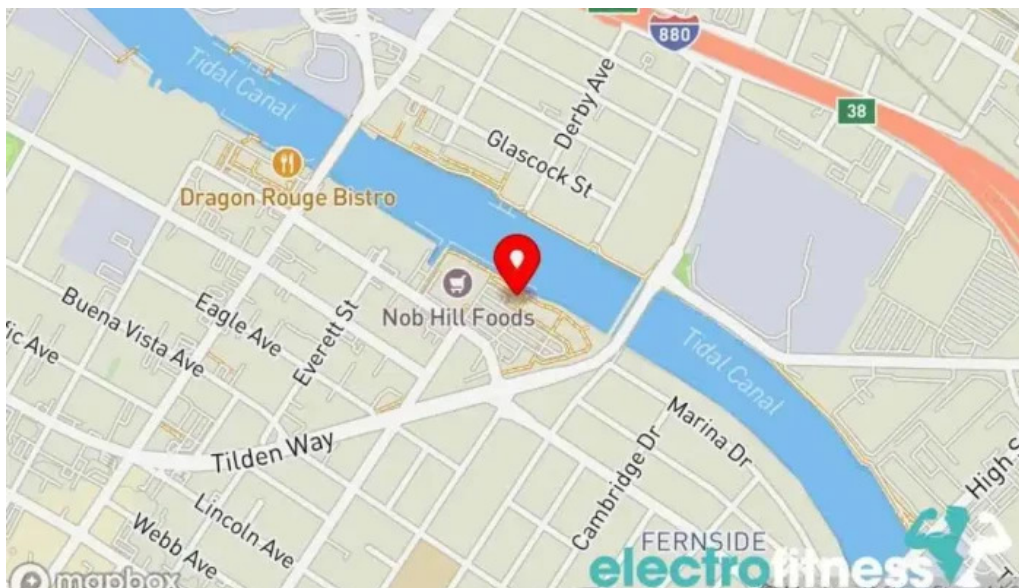
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Tags

Accessibility, Crowd, Wheelchair-accessible entrance, From the business, Service options, Transgender safe space, LGBTQ+ friendly, Online classes, Appointment required, Planning, Wheelchair-accessible car park, Identifies as Black-owned, On-site services

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