

Bold Lagree Fitness Studio - Walnut Creek

walnut creek

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walnut creek

Bold Lagree Fitness Studio - Walnut Creek

Discover Bold Lagree Fitness Studio in Walnut Creek, California

If you're seeking a transformative fitness experience in Walnut Creek, look no further than **Bold Lagree Fitness Studio**. This studio stands out not only for its unique workout method but also for its commitment to accessibility and community.

Accessibility for All

Bold Lagree Fitness Studio prioritizes accessibility, ensuring that everyone can experience the life-changing benefits of fitness. The studio features a **wheelchair-accessible entrance**, welcoming individuals of all abilities to participate in their invigorating classes. Additionally, the **wheelchair-accessible car park** nearby makes it easy for those with mobility challenges to access the studio without any hassle.

A Unique Workout Experience

The Lagree method offers a full-body workout in just 50 minutes, making it a time-efficient choice for busy individuals. Instructors are known for their positivity and ability to motivate, ensuring that each class is challenging yet enjoyable. Many attendees rave about the incredible intensity of the workouts, which leave them feeling accomplished and sore in all the right places.

A Welcoming Community

One of the standout features of Bold Lagree Fitness Studio is its inclusive atmosphere. Clients come from various walks of life, creating a diverse and supportive community. This environment allows individuals, including those who may feel out of place in traditional fitness settings, to feel comfortable and empowered. Newcomers often express how welcoming instructors are, especially when discussing injuries or personal fitness goals.

Flexible Class Schedule

Flexibility is key in today's fast-paced world, and Bold Lagree understands that. With early morning classes starting at 6 AM and evening sessions at 6:30 PM and 7:30 PM, finding a time that suits your schedule is easy. The studio also offers classes tailored to all skill levels, including basics for those just beginning their fitness journey.

Client Testimonials

Feedback from clients further highlights the strengths of Bold Lagree Fitness Studio. Many have shared their experiences of improved fitness, injury recovery, and a sense of belonging within the community. One client mentioned how they overcame previous knee and hip pain after consistent classes, thanks to the supportive staff who are attentive to every individual's needs.

Join the Bold Lagree Family!

Whether you're looking to explore a new workout, meet friendly people, or

simply find a space where you can thrive, **Bold Lagree Fitness Studio** in Walnut Creek is the perfect place for you. With its focus on accessibility, community, and effective fitness methods, you'll soon understand why so many people love coming here. Don't miss the opportunity to be a part of this incredible fitness family!

Our premises are located at

1511 Locust St Suite 200, 94596 Walnut Creek, California - United States (US)

Our opening hours are:

Day Hours
Monday

6–10:30?AM 11:30?AM–1:30?PM 4:30–8:30?PM

Tuesday

6–8?AM 9:30–10:30?AM 11:30?AM–1:30?PM 4:30–6:30?PM

Wednesday

8:30?AM–12:30?PM

Thursday

8:30?AM–12:30?PM

Friday

6–10:30?AM 11:30?AM–1:30?PM 4:30–8:30?PM

Saturday

6–8?AM 9:30?AM–12:30?PM 4:30–8:30?PM

Sunday

6–10:30?AM 11:30?AM–1:30?PM 4:30–8:30?PM

The website is [Bold Lagree Fitness Studio](#)

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Images



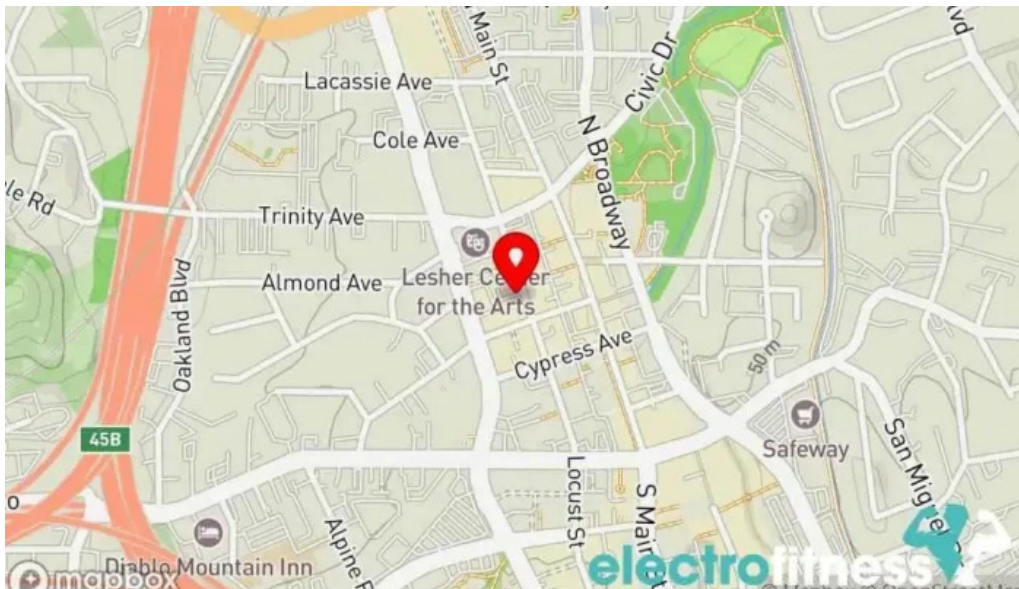
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Tags

Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park

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