



FIT MOMS CLUB

SMALL GROUP CIRCUIT TRAINING



Wednesdays & Fridays, 10am



\$149/month or \$30/class



Register on the MyLSF App

A circuit training class that is focused on building strength and endurance for the female body.

This small group class is coached by our personal training team allowing for one-on-one training to get the most out of your workout! We create a great experience and amazing time!