

Renovate the internal space adjacent to the bank and create a Lagree Fitness Studio.

The Lagree method focuses on Muscular Endurance Training. Adult women and men of all ages can participate in a Lagree class. Classes are instructor lead and childcare supervision (not daycare) is provided while our students are in the class.

Classes will have up to 14 people with an instructor leading the class and are 45 minutes long. The 2,500 sq ft will be broken out into the main workout space, 2 bathrooms, a locker area and a play area for children with at least one supervisor. The maximum occupancy in the space will never exceed 30 people at one time.

We will employ between 4-6 instructors and 4-6 supervisors.

Hours of operation will be from 6:00am to 8:00pm 7 days a week.

The Lagree method is a high intensity low impact workout which addresses all aspects of fitness. People of all ages, fitness levels and body types can participate and benefit from our scientifically proven and patented methodologies. We believe our addition into the community will help residents improve their physical fitness and overall health. Our business will be a great compliment to the surrounding businesses by offering an accessible workout that is fast and convenient in a location that is part of residence existing driving route.