

## Lagree Haus - New Bedford

new bedford

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*new bedford*

### *Lagree Haus - New Bedford*

#### **Discover Lagree Haus: The Premier Fitness Center in New Bedford, Massachusetts**

If you're looking to transform your fitness journey, look no further than **\*\*Lagree Haus\*\*** in New Bedford, Massachusetts. This innovative fitness center specializes in Lagree Fitness, a workout regimen that combines strength training and cardio for an efficient and effective session.

#### **What Makes Lagree Haus Stand Out?**

One of the standout features of **\*\*Lagree Haus\*\*** is its dedicated team of

instructors. Among them, **\*\*Maegan\*\*** and **\*\*Lauren\*\*** have received glowing reviews from attendees. As one participant stated, "Maegan is an amazing and sweet instructor," highlighting the welcoming atmosphere they create.

### **An Intense Yet Fun Workout**

Many first-time visitors rave about their experience at Lagree Haus. One member shared, "I had my first Lagree class here with Lauren; she is very attentive to make sure you are moving correctly. This was such an intense but FUN workout!" The low-impact nature of the exercises keeps participants sweating while minimizing the risk of injury, making it suitable for all fitness levels.

### **A Welcoming Environment**

Those who attend classes often commend the studio's vibe. "All around a great space, the environment is a great vibe, very clean, and makes a challenging workout fun." The cleanliness and welcoming atmosphere encourage individuals to push their limits while feeling comfortable.

### **Building Strength and Endurance**

Attendees at Lagree Haus have noticed significant improvements in their strength and endurance. One enthusiastic member remarked, "I started off taking 1 class a week when it opened in November and now I take 4+ classes a week! My strength and endurance have improved so much over the past few months." This reflects the effectiveness of Lagree workouts in promoting physical fitness.

### **Empowerment Through Community**

Another remarkable aspect of **\*\*Lagree Haus\*\*** is the supportive community fostered by the instructors. As one patron noted, "Lauren & Meagan have truly created a positive, uplifting, and empowering culture here at Lagree Haus." This sense of camaraderie encourages participants to return and continue their fitness journeys.

### **Join the Lagree Revolution!**

If you haven't tried a Lagree class yet, it's time to experience what everyone is raving about. With instructors who offer unique styles and unparalleled support, you'll quickly see why Lagree Haus is a 10/10 recommendation. Once you take one class, you'll be hooked! In summary, Lagree Haus not only offers a top-notch fitness experience but also cultivates a community passionate about health and wellness. Make your way to this fabulous fitness center in New Bedford, Massachusetts, and start your journey to a stronger, healthier you!

### **Our location is in**

127 W Rodney French Blvd Suite 1-24, 02744 New Bedford, Massachusetts - United

States (US)

## Our opening hours are:

Day Hours

Monday  
5:30?AM–7?PM

Tuesday  
7–11?AM

Wednesday  
Closed

Thursday  
5:30?AM–7?PM

Friday  
5:30?AM–7?PM

Saturday  
5:30?AM–7?PM

Sunday  
5:30?AM–7?PM

The website is Lagree Haus

If you wish to update any information that you believe is incorrect regarding this page, we kindly request send us a message so that we will correct it quickly. In advance thanks for your cooperation.

## Images



*Lagree haus street view 360deg*



*Lagree haus new bedford*

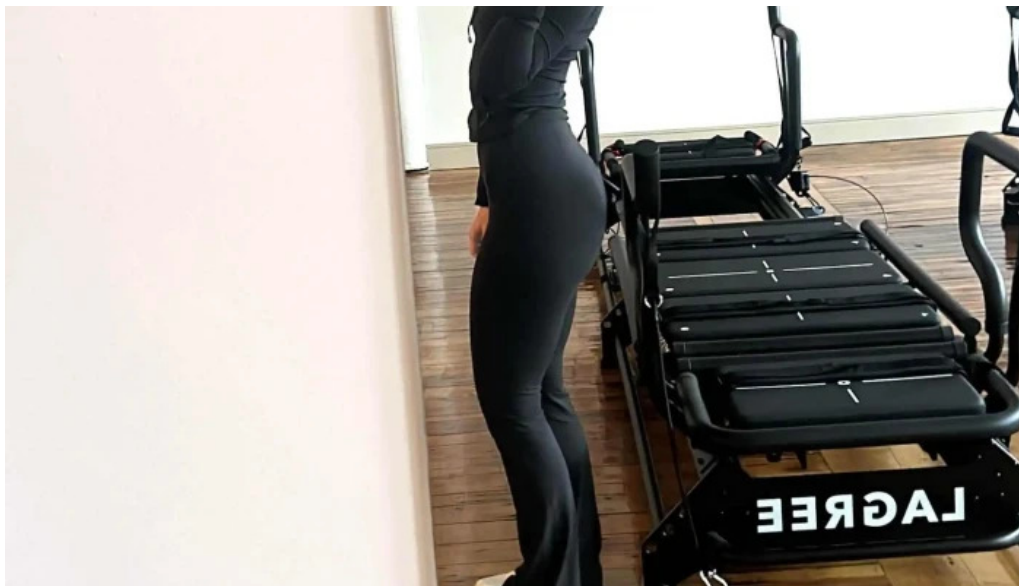


*Lagree haus map*

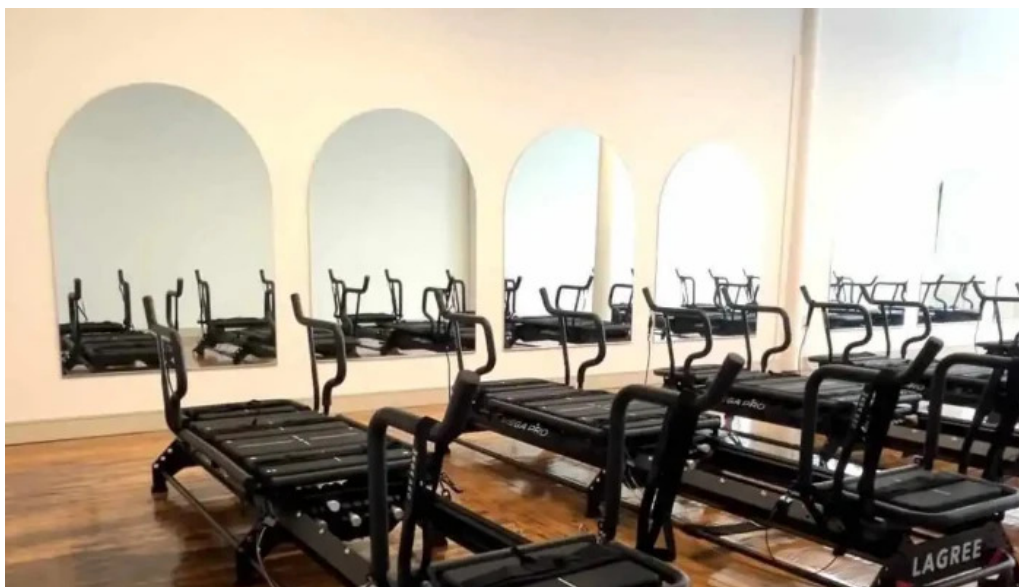




*Lagree haus gym*



*Lagree haus fitness center*



*Lagree haus by owner*



*Lagree haus all*

## Tags

*community, workout, massachusetts, experience, strength, journey, attendees, instructors, bedford, fitness, endurance, welcoming*

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**4.1 \*** *Anytime Fitness - New Iberia*

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community center
convenience store
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dollar store
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gym
gymnastics center
hair salon

health consultant
health food restaurant
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hiking area
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non-profit organization
nutritionist
park
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physical therapy clinic
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rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school



swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
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