



SKI PREP

Do you want to have the best ski season of your life? Or are you one of the millions of skiers who hit the slopes hard only to hobble around for the first few days afterward?

LSF has the solution for you! Our new Ski Conditioning Program will help prepare your body for the entire season. This class will focus solely on conditioning for the slopes. Each class will include circuit training that targets the legs, shoulders, and core. Our goal is to help you have as much fun as possible on your ski trip while avoiding unnecessary soreness or injury.

This class will be offered Thursday mornings at 7am in our main group fitness studio and will run throughout ski season. Our first session starts on December 7th.

Session Dates:

**Thursdays at 7am
starts Dec 7**

Pricing:

**\$180 member
for 6 classes**

Registration:

**Please enroll online at
www.MyLSF.net**

Please note:

**Guests may only participate for
1 session term**

For additional
information contact:

773.770.2441

PT360@LakeshoreSF.com