

ONE BODY.
A 360°
APPROACH.





WE SET GOALS. WE ACHIEVE THEM

A 360° approach to where you are. The program begins with an intake assessment where you and your LSF trainer talk about and agree on fitness goals. Whether you just need to get in shape to live a healthier and happier life, or need to drop 10 pounds before an important event, this session draws a line in the sand and sets you on a course to achieving the fitness level and body type you want. The PT 360 Assessment includes Functional Movement screening and the InBody 520 scan. An InBody scan tells the ratio of lean body mass to fat mass in the entire body and in each individual limb. It also compares your body composition to an ideal composition. The PT 360 Assessment allows the trainer to appropriately create a comprehensive program and track results going forward.

A 360° approach to where you want to be. Throughout the program, LSF trainers employ the principles of

periodization and progression to keep you from hitting a 'fitness plateau' and burning out. PT 360 trainers have the most innovative technologies and techniques from the fields of sports medicine and strength and conditioning practices to keep your fitness on track.

A 360° approach to keeping you there. Unlike a lot of personal training programs that end once fitness goals are achieved, PT 360 is designed to put you on the path to better sport and fitness for life. A major component of the 360 approach is ongoing PT 360 Assessment at 90, 180 and 360 day intervals to ensure your fitness is in line with your training plan. LSF trainers maintain detailed files on each client to track their progress throughout the program and make adjustments as needed. For more information on how PT 360 can help you get the body you want and keep it that way, please see an LSF Personal Trainer.

PRICE/SESSION				
Sessions	Base	Senior	Specialist	Master*
1	\$83	\$93	\$100	\$110
12	\$80	\$90	\$96	\$107
24	\$77	\$87	\$92	\$104
50	\$73	\$84	\$88	\$99

TOTAL PRICE				
Sessions	Base	Senior	Specialist	Master*
1	\$83	\$93	\$100	\$110
12	\$960	\$1,080	\$1,188	\$1,284
24	\$1,848	\$2,088	\$2,280	\$2,496
50	\$3,650	\$4,150	\$4,550	\$4,950

*Master Trainer is for our trainers that have completed over 2 years of excellence and advanced education in their field with us. 1/2 Hour Stretch Sessions, Buddy sessions, and small group sessions available -- for additional information, please contact PT360@LakeshoreSF.com or 773.770.2441. 24 hour notice required for all cancellations.