

START YOUNG.  
**LIVE LIFE FIT**





# WE SET GOALS. WE ACHIEVE THEM



Our Youth Training Programs are designed to improve the physical development for youth at all levels. Ranging from the beginner to the elite athletes, we train youths 8-17 years old. The PT 360 trainers will help give a child an edge with their expert fitness knowledge.

LSF is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The

benefits can be great. Children who are physically active have fewer health problems.

Our youth activities encourage healthy competition, the value of participation, team building, individual development, positive self-image, a sense of fair play and mutual respect for others as they learn to properly work out, with a certified personal trainer... all while keeping it fun.

Sessions	PRICE/SESSION					
	Base	Senior	Specialist	Master*	Buddy (2)	Small Group
1	\$78	\$88	\$98	\$105	\$61.50	\$41.50
6	\$456	\$510	\$570	\$612	\$366	\$243
12	\$900	\$1,008	\$1,128	\$1,212	\$696	\$450
24	\$1,728	\$1,968	\$2,160	\$2,328	\$1,356	\$828

\*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](mailto:PT360@LakeshoreSF.com) or 773.770.2441. 24 hour notice required for all cancellations.