



PRIVATE YOGA

A private Yoga experience will help you gain an understanding of yoga as an exercise form and how to better utilize it. These individualized sessions will guide you through a flow that is challenging, relaxing and catered to your specific needs. LSF also offers a variety of Yoga classes that are included with your membership and are great for beginners and experienced Yogi's alike. Check the Group Fitness schedule for times and locations.

For more information, contact:
PT360@LakeshoreSF.com
773.770.2441

PRICE/SESSION							
Sessions	Base	Senior	Specialist	Buddy	Master	Private Group	Fit Family
1	\$83	\$93	\$103	\$61.5	\$110	\$41.5	\$125
6	\$83	\$93	\$103	\$61.5	\$110	\$41.5	\$123
12	\$80	\$90	\$99	\$58	\$107	\$38.5	\$116
24	\$77	\$87	\$95	\$56.5	\$104	\$35.5	\$113
50	\$73	\$83	\$91	\$55	\$99	\$32.5	\$105

TOTAL PACKAGE PRICE							
Sessions	Base	Senior	Specialist	Buddy	Master	Private Group	Fit Family
1	\$83	\$93	\$103	\$61.5	\$110	\$41.5	\$125
6	\$498	\$558	\$618	\$369	\$660	\$249	\$738
12	\$960	\$1,080	\$1,188	\$696	\$1,284	\$462	\$1,392
24	\$1,848	\$2,088	\$2,280	\$1,356	\$2,496	\$852	\$2,712
50	\$3,650	\$4,150	\$4,550	\$2,750	\$4,950	\$1,625	\$5,250