



WE SET GOALS. WE ACHIEVE THEM.

PT360 Includes:

- Initial Fitness Consultation
- Personalized Goal Setting
- Results-focused Training

Choose a PT360 System that's right for you!

Personal Training one-on-one or private group

Kickstarter monthly plan with trainer-prescribed workouts with guides

TeamX small group training classes

See reverse to compare programs and determine which one is best for you!

**For additional information:
PT360@LakeshoreSF.com
773.770.2441**





ONE BODY. A 360° APPROACH.

SERVICE	KICKSTARTER	TEAMX	ONE-ON-ONE TRAINING
Initial Fitness Consultation	Included	Included	Included
Guided Workouts	12 workout guides/month	Small Group Workout	One-On-One Training
Accountability	Weekly goal check-ins	Weekly goal check-ins	Ongoing discussions during sessions
Team X Classes	\$30/session	Unlimited	\$30/session
InBody Check-up	Quarterly	Quarterly	As needed
Individual Training Plan	Workouts that are geared towards your goals to be done independently	Individual coach with personalized cues and exercises throughout your workouts	Private coaching
Monthly Stretch Session		15-minute 1-on-1 sessions included once per month	Available for booking
25% Discount on Nutritional Consultations		Included	Included
1-on-1 or Buddy Training			Included
Monthly Cost	\$49	\$149	Price Varies