



LOSE 2WIN

**ACHIEVE YOUR GOALS WITH A FUN
8-WEEK WEIGHT LOSS CHALLENGE**



Contact PT360@LakeshoreSF.com to sign up!



\$399 for members

LOSE 2 WIN SCHEDULE

January 31 – March 27

Lose 2 Win runs

January 24 – January 31

Initial consultation
confidential baseline measurements
(weight, measurements, body fat%)

March 28

Final measurements

To Be Determined!

Celebration and awards party

Lose 2 Win is an inspiring, motivating, social, and fun 8-week weight loss challenge designed to help members meet their fitness and weight loss goals. This program offers built-in accountability, nutrition education, and a certified personal trainer as the coach and captain of your weight loss team. In-club and virtual options available!

Lose 2 Win Includes:

- One initial private consultation with a fitness professional to establish goals and an 8-week plan
- Precision nutrition personalized plan
- 4 private personal training sessions
- Unlimited TeamX Small Group Training classes
- Weekly progress report
- 10% discount on personal training packages & massages
- 3 Month Complimentary Individual Membership for first place male/female.
- \$200 Harvest gift card for second place male/female.