

# TEAMX YOUTH PROGRAMS

## **TEAMX: Kid Fit (3rd-5th grade & 6th-8th grade) is a great way to get moving!**

You will work on your speed, agility, deceleration, conditioning, and strength. Your coach will teach you exercises using your body weight, resistance bands, medicine balls, agility ladders, cones, and more. This class will take you through a workout that will challenge your body, but most importantly HAVE FUN while being active. Kid Fit will improve your sports performance, help get you moving, learn exercise, and stay active!

**Monday, Wednesday, Friday 4-5pm (6th-8th grade)**

**Tuesdays 4-5pm (3rd - 5th grade)**

## **TEAMX: High School Lift will get you active!**

In this class, you will go through a workout that will challenge your body using bodyweight movements, TRX, Medicine Balls, Sled, Dumbbells, and more. Your coach will teach you form as you learn new movements. If you are looking to get active, build strength, or train in a structured way to improve your performance in sports, this will be the class for you.

**Saturday 2-3pm**

## **RATES**

**Member \$30 Drop-in  
& \$149 monthly**

*Services paid for with credit or debit card  
will incur a 4% convenience fee.*

**Classes are offered weekly.  
Members can sign up on the MyLSF app.  
For more information contact:  
[TeamX@LakeshoreSF.com](mailto:TeamX@LakeshoreSF.com)**