



# COMMUNITY FITNESS PERSONALIZED RESULTS

**TeamX is a small-group-format,** personalized training class that allows you to get an efficient and effective workout alongside a coach that knows you and your goals.

#### **TeamX Offers:**

- Small-Group Training
- Personalized Results
- Individual Cueing and Coaching
- Specialized Equipment (TRX, Kettlebells, Barbells and more)
- Accountability
- Nutrition Report

**Join for a drop-in class  
or take unlimited  
classes each month!**

\$30/class drop-in  
\$149/month unlimited

**View the schedule & sign up  
for TeamX classes on the  
MyLSF app - Classes**



**For additional information:  
[TeamX@LakeshoreSF.com](mailto:TeamX@LakeshoreSF.com)  
773.770.2441**

# 773.FITNESS

## Monday

Circuit Training 6am-7am  
Kettlebells & Dumbbells 9am-10am  
Foundations 5pm-6pm

## Tuesday

Circuit Training & Lifting 9am-10am  
Kid Fit Grades 4th-8th 4pm-5pm

## Wednesday

Circuit Training 6am-7am  
Foundations 9am-10am  
Row & Lift 12pm-1pm  
Kettlebells & Dumbbells 5pm-6pm

## Thursday

Mobility & Flexibility 9am-10am  
Kid Fit Grades 4th-8th 4pm-5pm  
TRX 5pm-6pm

## Friday

Circuit Training 7am-8am  
Row & Lift 9am-10am

## Saturday

Circuit Training 8am-9am  
Circuit Training & Lifting 9am-9:50am  
Kettlebells & Dumbbells 10am-11am