



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
773.770.2441**

773.FITNESS

Monday

Kettlebells & Dumbbells 9am-10am
Kid Fit (4-8th grade) 4pm-5pm
Foundations 5:30pm-6.30pm

Tuesday

Kettlebells & Dumbbells 6am-7am
Circuit Training 9am-10am
Foam Rolling & Stretch 10am-11am
High School Lift 10am -11am

Wednesday

Circuit Training 6am-7am
Foundations 9am-10am
Fit Moms Club 10am-11am
Kid Fit (4-8th grade) 1pm-2pm

Thursday

Row & Lift 6am-7am
Circuit Training 8am-9am
Mobility & Flexibility 9am-10am
High School Lift 4pm -5pm

Friday

Circuit Training 7am-8am
Row & Lift 9am-10am
Fit Moms Club 10am-11am
Kid Fit (4-8th grade) 1pm-2pm

Saturday

Circuit Training 8am-9am
Circuit Training & Lifting 9am-10am