



# KICKSTARTER

**KICKSTARTER** allows you to work on your goals on your own time without a trainer or coach working directly with you. Each month you're provided a set of workouts to complete over the month, on your own, with club equipment. Your coach will check in on your progress and adjust your program as needed.  
**Only \$49/month!**

## Includes:

- Initial Fitness Consultation
- 12 Guided Workouts per Month
- Weekly Goal Check-ins
- Quarterly InBody Check-up
- Individual Training Plan  
(workouts that are geared towards your goals to be done independently)



**For additional information:  
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