



START YOUNG

**LIVE
LIFE
FIT**





WE SET GOALS. WE ACHIEVE THEM.



Our Youth Training Programs are designed to improve the physical development for youth at all levels. Ranging from the beginner to the elite athletes, we train youths 8-17 years old. The PT 360 trainers will help give a child an edge with their expert fitness knowledge.

LSF is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. The benefits can be great. Children who are physically active have fewer health problems.

Our youth activities encourage healthy competition, the value of participation, team building, individual development, positive self-image, a sense of fair play and mutual respect for others as they learn to properly work out, with a certified personal trainer, all while keeping it fun!

| PRICE | | | | | | | |
|----------|--------|--------|------------|--------|--------|---------------|------------|
| Sessions | Base | Senior | Specialist | Buddy | Master | Private Group | Fit Family |
| 1 | \$99 | \$110 | \$120 | \$72 | \$130 | \$50 | \$149 |
| 6 | \$594 | \$660 | \$719 | \$429 | \$778 | \$297 | \$891 |
| 12 | \$1141 | \$1283 | \$1385 | \$812 | \$1512 | \$549 | \$1653 |
| 24 | \$2196 | \$2481 | \$2660 | \$1581 | \$2939 | \$1012 | \$3222 |
| 50 | \$4336 | \$4930 | \$5307 | \$3207 | \$5827 | \$1931 | \$6237 |

Master Trainer is for our trainers that have completed over 2 years of excellence and advanced education in their field with us. 1/2 Hour Stretch Sessions, Buddy sessions, and small group sessions available. 24-hour notice required for all cancellations.

**For more information, contact:
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773.770.2441**