

**lake
shore**
LINCOLN
PARK **SF**



SHRED ZONE



December 11-22
Monday-Friday, 6am-7am
Saturday, 7am-8am



\$359
TeamX members get a 20% discount.



Register on the MyLSF App
TeamX@LakeshoreSF.com

2-week fitness reset to lose weight and jump-start a new routine.

Includes a smoothie from the 1320Market after each workout.