

lake
shore
LINCOLN
PARK SF



PT
360

NEW/NEW YEAR/YOU



January 29th - March 24th



\$379



Register on the MyLSF App
PT360@LakeshoreSF.com

New Year, New You is an 8-week fitness program that will keep you motivated and inspired to reach your goals! This program offers built-in accountability and a certified Personal Trainer to coach and support you.

Program includes:

- **Initial Fitness Consultation**
- **Unlimited TeamX Classes** (Small Group Training)
- **2 Personal Training sessions**
- **12 workout guides** (5 strength, 5 cardio & 2 recovery)
- **Workout plan to meet your goals!**