



ONE BODY.
A 360°
APPROACH.





WE SET GOALS. WE ACHIEVE THEM.

PT360 Includes:

- Initial Fitness Consultation
- Personalized Goal Setting
- One-on-one training
- Results-focused training

TOTAL PACKAGE PRICE						
Sessions	Base	Senior	Specialist	Buddy	Master	Private Group
1	\$105	\$115	\$125	\$75	\$135	\$55
6	\$630	\$700	\$760	\$455	\$825	\$315
12	\$1,210	\$1,360	\$1,470	\$860	\$1,600	\$580
24	\$2,320	\$2,630	\$2,820	\$1,675	\$3,115	\$1,075
50	\$4,595	\$5,225	\$5,625	\$3,395	\$6,175	\$2,045

A 360° approach to where you are. The program begins with an intake assessment where you and your LSF trainer talk about and agree on fitness goals. Whether you just need to get in shape to live a healthier and happier life, or need to drop 10 pounds before an important event, this session draws a line in the sand and sets you on a course to achieving the fitness level and body type you want.

The PT360 Assessment includes Functional Movement screening and the InBody 520 scan. An InBody scan tells the ratio of lean body mass to fat mass in the entire body and in each individual limb. It also compares your body composition to an ideal composition.

The PT360 Assessment allows the trainer to appropriately create a comprehensive program and track results going forward.

A 360° approach to keeping you there. Unlike a lot of personal training programs that end once fitness goals are achieved, PT360 is designed to put you on the path to better sport and fitness for life.

*Master Trainer is for our trainers that have completed over 2 years of excellence and advanced education in their field with us. 30-minute Stretch Sessions, Buddy sessions, and small group sessions available — for additional information, please contact PT360@LakeshoreSF.com or 773.770.2441. 24-hour notice required for all cancellations.