



lake  
shore  
LINCOLN PARK SF

# ONE GOAL CHALLENGE



October 14th-December 8th



Member Price: \$299



Sign up on the MyLSF app.  
[PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)

The One Goal Challenge is a competition against yourself! Work towards your own personal goal to accomplish during the 8-week program. If you meet that goal, you win!

**The program includes:**

- Unlimited TeamX
- Initial Consultation with InBody Scan
- Goal Setting
- 12 Guided Workouts
- Injury Screen with Lakeshore Physical Therapy

**If you meet your goal you can choose from one of these prizes:**

- Complimentary Month of TeamX
- 2 Personal Training Sessions
- \$100 Harvest Gift Card to Harvest

This competition is all about YOU and YOUR GOALS — we will create a plan to help you crush that goal!