



**lake
shore**
ILLINOIS
CENTER **SF**

SMALL GROUP TRAINING



3 SMALL GROUP TRAINING CLASSES TO CHOOSE FROM!

Drop into one or mix and match all three formats with up to 12 classes per week!

EVOLVE

Become part of our EVOLUTION. EVOLVE is a progressive, circuit-style small group training program. In each class you'll improve your cardiovascular health, build muscular strength, and target fat loss by using functional movement.

SYNERGY

30 minutes is all you need for this all-levels HIIT class. Synergy is designed to bring out your inner athlete with cardio and strength intervals. This class gets progressively more challenging each week — are you up for the challenge?

TREADX

Not your typical treadmill workout! TreadX focuses on cross-training cardio and strength drills using the treadmills and indoor track. TreadX is designed to learn and develop cardio and muscular endurance for all levels.

Pricing

\$30/class

\$149/monthly unlimited

For additional information contact:

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