



COMMUNITY FITNESS PERSONALIZED RESULTS

TeamX is a small-group-format, personalized training class that allows you to get an efficient and effective workout alongside a coach that knows you and your goals.

TeamX Offers:

- Small-Group Training
- Personalized Results
- Individual Cueing and Coaching
- Specialized Equipment (TRX, Kettlebells, Barbells and more)
- Accountability
- Nutrition Report

**Join for a drop-in class
or take unlimited
classes each month!**

\$30/class drop-in
\$149/month unlimited

**View the schedule & sign up
for TeamX classes on the
MyLSF app - Classes**



**For additional information:
TeamX@LakeshoreSF.com
773.770.2441**

SCHEDULE

Monday

Circuit Training 8am-9am
Arms & Core 9am-10am
Kid Fit (4th-8th Grade) 4pm-5pm
Foundations 5:30pm-6:30pm

Tuesday

Circuit Training 6am-7am
Kettlebells & Dumbbells 9am-10am
Foam Rolling & Stretch 10am-11am

Wednesday

Foundations 9am-10am
TRX & Core 10am-11am
Kid Fit (4th-8th Grade) 4pm-5pm
Circuit Training 7pm-8pm

Thursday

Row & Lift 6am-7am
Circuit Training 8am-9am
Mobility & Flexibility 9am-10am

Friday

Kettlebells & Dumbbells 6am-7am
Circuit Training 7am-8am
Row & Lift 9am-10am
High School Lift (9th-12th Grade) 4:30pm-5:30pm

Saturday

Circuit Training 8am-9am
Kettlebells & Dumbbells 9am-10am
Kid Fit (4th-8th Grade) 10am-11am

Sunday

Athlete Zone for High Schoolers 10am-11am
High School Lift (9th-12th Grade) 12pm-1pm