

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

SMALL GROUP TRAINING



4 SMALL GROUP TRAINING CLASSES TO CHOOSE FROM!

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

LIFT

Ready to get stronger? Increase your confidence in the weight room by learning proper lifting techniques. This class will focus on compound lifts with other accessory movements to complement your training.

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.

MOBILIZE

Improve your flexibility and increase your range of motion in this 30-minute stretch and mobility class. Trainers will guide you through active and static stretches, provide gentle assisted stretching, and guide you through self-myofascial release. This small group training is perfect after an intense workout or as part of your recovery day.

Pricing

\$30/class

\$149/monthly unlimited

For additional information contact:

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