



# 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](mailto:TeamX@LakeshoreSF.com)  
773.770.2404**

# 773.FITNESS

## Monday

Circuit Training 8am-9am  
Arms & Core 9am-10am  
Kid Fit (4th-8th Grade) 4pm-5pm  
Foundations 6pm-7pm

## Tuesday

Circuit Training 6am-7am  
Foundations 8am-9am  
Kettlebells & Dumbbells 9am-10am  
Circuit Training 6:15pm-7:15pm

## Wednesday

Foundations 9am-10am  
TRX & Core 10am-11am  
Kid Fit 4pm-5pm  
Circuit Training 6:15pm-7:15pm

## Thursday

Row & Lift 6am-7am  
Circuit Training 8am-9am  
Mobility & Flexibility 9am-10am  
Kid Fit (4th-8th Grade) 5pm-6pm  
HIIT 5:30pm-6:30pm

## Friday

Kettlebells & Dumbbells 6am-7am  
Circuit Training 7am-8am  
Row & Lift 9am-10am

## Saturday

Circuit Training 8am-9am  
Kettlebells & Dumbbells 9am-10am  
Lift 10am-11am

## Sunday

Foundations 9am-10am