



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

SMALL GROUP TRAINING

TEAM

PT
360

COMMUNITY FITNESS, PERSONALIZED RESULTS
Join for a drop-in class or take unlimited classes each month.

LIFT - Intermediate/Advanced

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.

MOBILIZE - All Levels

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.

TRACK ATTACK - All Levels

This functional, cross-training workout focuses on cardio and strength exercises along the running track. You'll use kettlebells, medicine balls, and resistance bands to improve your endurance and build strength.

IGNITE - Intermediate/Advanced

Elevate your athletic performance with drills designed to improve your stamina, speed, and coordination in this high intensity interval class.

\$30/class

\$149 monthly unlimited

**View the schedule &
sign up on the MyLSF app.**

For additional information contact:
ICPT360@LakeshoreSF.com



**FIRST CLASS
FREE!**

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the MyLSF app**
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SCHEDULE



MONDAY

TRACK ATTACK
6-6:45PM
Cardio Floor
All Levels

TUESDAY

LIFT
5:30-6:25PM
Functional Floor
Intermediate/Advanced

WEDNESDAY

IGNITE
6-6:45PM
Functional Floor
Intermediate/Advanced

THURSDAY

LIFT
5:30-6:25PM
Functional Floor
Intermediate/Advanced

SATURDAY

IGNITE
11-11:45AM
Functional Floor
Intermediate/Advanced

SUNDAY

MOBILIZE
11-11:30AM
Meta Studio
All Levels