

**lake  
shore  
SF**  
LINCOLN  
PARK

**X**  
**TEAM**  
**PT**  
**360**

# FIT-IN-4



**June & July**



**\$499/4-weeks**



Register on the MyLSF App  
[PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)

Fit-In-Four is a four-week Personal Training Challenge designed to help achieve a specific summer goal. Meet with one of our Certified Personal Trainers to discuss your goal, establish a plan, and use four Personal Training sessions and one month of unlimited TeamX Classes to achieve your goal. You can sign up any time in June or July and begin your four-week plan on the day of your first session.