

**lake  
shore  
SF**  
LINCOLN  
PARK

**X  
TEAM**  
PT  
360



# RUN CLUB 101



**June 6th - September 27th**  
**Wednesdays, 5:30PM**  
**Fridays, 7AM**  
*Complimentary Coffee to Follow*  
**Saturdays, 9AM**



**\$129, includes all runs  
and 4 TeamX classes**



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

Run Club 101 is a fun, group running program led by our personal training team. The program will focus on building physical fitness, improving endurance, and developing healthy habits. Runs will be outdoors, weather permitting, with the option to move inside during inclement weather. Runs will be 1-4 miles on Wednesdays at 5:30 M, Fridays at 7AM, and Saturdays at 9AM. Enrollment in Run Club 101 also grants access to 4 TeamX classes to promote overall strength and mobility.