



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
773.770.2404**

Monday

Circuit Training 8am-9am
Aqua Cardio 8:30am-9:15am
Arms & Core 9:30am-10:30am
Foundations 6pm-7pm

Tuesday

Circuit Training 6am-7am
Foundations 8am-9am
Kettlebells & Dumbbells 9am-10am
Kid Fit (4th-8th Grade) 10am-11am
Circuit Training 5:30pm-6:30pm

Wednesday

Row & Lift 7am-8am
Circuit Training 8am-9am
Foundations 10am-11am

Thursday

Row & Lift 6am-7am
Circuit Training 8am-9am
Aqua Strength 8:15am-9:00am
Mobility & Flexibility 9am-10am
Lap Swim Workout 10am-10:45am
Kid Fit (4th-8th Grade) 4:30pm-5:30pm

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
Lap Swim Workout 12pm-1pm

Sunday

Foundations 9am-10am
HIIT 10am-11am
Foam Rolling & Stretch 11am-12pm

