



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

# SMALL GROUP TRAINING

## TEAM X

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.

### **IGNITE - Intermediate/Advanced**

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

### **AQUA STRENGTH - All Levels**

This class takes place in the pool and incorporates water dumbbells for cardiovascular conditioning, strength training, balance, and flexibility. Suitable for all fitness levels, this class is perfect for those looking for a refreshing, low-impact alternative to traditional exercise.

### **AQUA CARDIO - All Levels**

This class takes place in the pool and incorporates low-impact cardio exercises aimed at improving mobility and flexibility while burning calories to rhythm-based movements. Using the natural resistance of water, participants engage in a full-body workout that's easy on the joints while providing an excellent way to burn calories and increase endurance.

**\$30/class**

**\$149 monthly unlimited**

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

For additional information contact:

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