



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

SMALL GROUP TRAINING

TEAM



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.

\$30/class
\$149 monthly unlimited
View the schedule &
sign up on the MyLSF app.

For additional information contact:
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