



**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 9am-9:45am  
Arms & Core 9:30am-10:30am  
Kid Fit 4pm-5pm  
Foundations 6pm-7pm

## Tuesday

Circuit Training 6am-7am  
Foundations 8am-9am  
Kettlebells & Dumbbells 9am-10am  
Circuit Training 5:30pm-6:30pm

## Wednesday

Row & Lift 7am-8am  
Circuit Training 9am-10am  
Foundations 10am-11am  
Foundations 6pm-7pm

## Thursday

Row & Lift 6am-7am  
Circuit Training 8am-9am  
Mobility & Flexibility 9am-10am  
Swim Strokes & Stamina 9am-9:45am  
Kid Fit (4th-8th Grade) 4pm-5pm  
Circuit Training 5:30pm-6:30pm

## Friday

Kettlebells & Dumbbells 6am-7am  
Circuit Training 7am-8am  
Aqua Strength 9am-9.45am  
Row & Lift 9am-10am

## Saturday

Circuit Training 8am-9am  
Kettlebells & Dumbbells 9am-10am

## Sunday

Swim Strokes & Stamina 8am-8:45am  
Foundations 9am-10am  
Foam Rolling & Stretch 10am-11am

