

**lake
shore**
LINCOLN PARK **SF**

X
TEAM
PT
360



TOTAL RESET



**6-7AM, Monday-Friday
September 8th-12th**



\$449/5-Day Program

Includes:

- 5 Personalized Small Group Training Sessions
- 3 Prepared Healthy Meals per Day from Harvest



Space is Limited! Contact
PT360@LakeshoreSF.com
to register.

The first week of every month, commit five days to your health and fitness. Total Reset offers five workouts, Monday through Friday at 6AM, led by one of our excellent, certified personal trainers who knows you and your goals. Includes three meals prepped for you by our kitchen, ready to be picked up after your workout and reheated throughout the day. Calories, macronutrients, and reheating instructions will be included. You commit to showing up, and we take care of the rest.