

lake
shore
LINCOLN
PARK SF



ONE GOAL CHALLENGE



June 1st - July 24th



Member Price: \$999



Sign up on the MyLSF app.
PT360@LakeshoreSF.com

The One Goal Challenge is a competition against yourself! Work towards your own personal goal to accomplish during the 8-week program. If you meet that goal, you win!

The program includes:

- 8 Weeks
- 1 Consultation/Goal Setting Session
- 8 Personal training sessions
- 8 TeamX Classes

This competition is all about YOU and YOUR GOALS — we will create a plan to help you crush that goal!