

lake
shore
LINCOLN
PARK SF

X
TEAM
PT
360



TOTAL ATHLETE



May 1st-August 31st



\$675

- 6 Personal Training Sessions
- Summer Athlete Clinics
- Injury Screen



Register on the MyLSF App
PT360@LakeshoreSF.com

Total Athlete is a back-to-school personal training program designed to prepare young athletes—physically and mentally—for the demands of the upcoming school year and sports season. This well-rounded program combines individualized attention with group-based performance training to build strength, agility, and confidence in a supportive environment.

Who it's for:

Teens in high school or college who are gearing up for tryouts in the new school year, or those interested in getting in better shape before returning to school in the fall.