

# TEAMX YOUTH PROGRAMS

## Kid Fit classes (4th-8th grade)

**Mondays & Thursdays 4pm**

You will work on your speed, agility, deceleration, conditioning, and strength. Your coach will teach you exercises using your body weight, resistance bands, medicine balls, agility ladders, cones, and more. This class will take you through a workout that will challenge your body, but most importantly HAVE FUN while being active. Kid Fit will improve your sports performance, help get you moving, learn exercise, and stay active!

## RATES

**Member** $30 Drop-in & $149 monthly

*Services paid for with credit or debit card will incur a 4% convenience fee.*

**Classes are offered weekly.**
**Members can sign up on the MyLSF app.**
**For more information contact:**
**TeamX@LakeshoreSF.com**