



LSF LOOP

What's **New** and **News** at Lakeshore SF



What's Happening in the Club

4th Annual Lakeshore Showdown!

Wednesday, April 26th – 5:30-7:30pm

Battle for bragging rights and prizes in this fun and challenging obstacle course for time. All fitness levels welcome! Enter individually, or create a team and have the chance to win even more prizes! Course takes 2-5 minutes to complete and can be run more than once. Prizes for overall male and female top three winners as well as largest team, fastest average time for a team and largest cheering section. Buffet and adult beverages compliments of Press Kitchen for all participants and spectators! No fee for registration.

Register Here: <https://lsfshowdown.eventbrite.com>



Introducing Kettle/ViPR Camp!

Join LSF's amazing new small group personal training program. You will not only be challenged in your workouts, but you will also learn fundamental components of Kettle Bell and ViPR training. Come see what all the rage is about in the fitness industry. Functional training at its best and most efficient.



lake shore SF **Kettle/ViPR**
Camp

45 min Kettlebell and ViPR focused group workouts. Lift, shift, twist, and swing your way through this high powered workout. Unlimited attendance, simply show up and train, no class registration necessary.

SESSIONS AVAILABLE 7:30am & 5:30pm
Tuesdays & Thursdays
April 13th - June 13th

\$299

Questions or Additional Information: ICPT360@LakeshoreSF.com

Self Defense Seminar

Thursday, April 13th from 5:30-7:30pm

Learn how to throw off assailants, protect yourself against attackers, and escape from dangerous situations. You will learn throws, striking, and true self defense! This class is more than words, you will get a work out too! Darrell Rachal has a military background and has taught Mixed Martial Arts to Marines. Class meets in the B5 Studio.

\$49 – per person

Register Here: <https://lsfselfdefenseseminar.eventbrite.com>

Check out this story of a woman who put her self-defense class to work in a real situation: <http://allinteresting.com/sex-attacker-messes-with-the-wrong-jogger-ends-up-worse-off-than-victim/?pa=sports&g=5>

Summer Rooftop Party

Book yours today!

Spring has sprung, and it is never too early to plan your corporate summer outing. We have an amazing rooftop area with spectacular views and room for parties of all sizes! We would love to host your summer party here! Let LSF and Press Kitchen take care of all the logistics, including delectable food and cold adult beverages. Dates are booking quickly, so be sure not to miss out on this opportunity. For more information or to book your next outing, contact ICEvents@lakeshoreSF.com.

Stay in the Know – Like us on Facebook

Like us on Facebook at <https://www.facebook.com/LSFIC/> to stay up to date with what is happening in the club. We will share upcoming events as well as any facility notifications that may impact your member experience. Like us by April 30th and get a complimentary cocktail for you and a friend in Press Kitchen. Your certificate will be available for you at the front desk once you have liked us! New followers only.

Get a Massage at Work - We come to you!

The Spa@IC has gone mobile! We are now offering the ability to schedule our talented massage therapists to come to your office and provide chair massage for your company.

What are the benefits of chair massage?

- Reduce Stress
- Decrease muscle tension and pain
- Relieve headaches
- Improve sleep quality
- Increase focus and mental clarity
- Increase energy and circulation
- Lower blood pressure
- Increase immune function
- Prevent repetitive strain injuries
- Treat carpal tunnel and tendonitis



From the employee suffering from headaches, to the CEO's bottom line, everyone wins. The end result is happier, healthier employees who are more productive and bring more to their organizations. Which, of course, ultimately leads to a healthier, happier bottom line! \$100/hour per therapist.

For more information or to book your in-office massage, contact ICSpa@LakeshoreSF.com

Family Rock-Climbing Event Saturday, April 29th from 2pm-4pm

Join us for this fun family event with snacks and beverages. Children as young as 4 can climb! The event is open to both members and non-members. Price is \$45 for parent/child

combo; each additional climber is \$20. Space is limited, so RSVP to reserve your spot! For pricing and more information, contact ICEvents@LakeshoreSF.com.

Ladies Night Cooking Class

Friday, April 28th - 6pm-9pm

The party is in the kitchen! Prepare 3 delectable meal courses while sipping on hand-selected wine pairings! Chef instructed cooking class includes 3 course meal preparation and demonstration along with unbelievably paired wines to devour.

Your Chef-structor will walk you through the easy preparation of 3 simple dishes to include a light appetizer, entree and dessert.

This is a hands-on course but will allow plenty of time to socialize and indulge in a little vino! \$69 for members, \$79 for non-members. Childcare available.

Limited Spots Available!! Register Here: <https://pkcookingclass.eventbrite.com>

Lakeshore Physical Therapy

Customer Service is our Core Value

At Lakeshore Physical Therapy, we like to say, “Customer Service is top priority and we’ll make that clear to you every time you visit our office.”

Joni Modaff has been delivering solid service in our front office for 5 years and she offers her 5 Best Customer Service Tips in the most recent Lakeshore PT blog post. Thanks for 5 years, Joni! <http://lakeshore-pt.blogspot.com>



For more information about physical therapy services located within Lakeshore Sport & Fitness, please contact us at Lincoln Park (773-770-2419) or the Illinois Center (312-801-8440).

2017 Summer Sports Camp

SQUASH, SWIMMING, YOGA AND ROCK CLIMBING

Sessions dates:

JUNE 5-9

JUNE 12-16

JUNE 26-30

JULY 10-14

JULY 17-21

AUGUST 7-11

AUGUST 14-18

AUGUST 21-25

Have your child learn to play SQUASH, one of the fastest growing sports in the Mid-West, and enjoy other sports offered at this camp. 4:1 camper to coach ratio.

Fee is \$600 per child per week. Camp runs from 9am to 3pm M-F. Lunch will be included. Contact ICSquash@LakeshoreSF.com

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Lakeshore Sport & Fitness
1320 W. Fullerton
Chicago, Illinois 60614
US

[Read](#) the VerticalResponse marketing policy.

**vertical
response**
A DELUXE COMPANY
Free Email Marketing >>