



LSF LOOP

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



What's Happening in the Club!

Lakeshore's Got Talent Rooftop Karaoke and Cocktail Party Tuesday, July 25th from 5:30-7:30pm

Join us on Tuesday, July 25th from 5:30-7:30pm for a fun night of rooftop Karaoke! Come show off your talents or watch others impress the crowd! Enjoy complimentary food and adult beverage courtesy of Press Kitchen. Non-members welcome so bring your friends and co-workers! To RSVP, visit <https://rockingtherooftop.eventbrite.com>

The poster features a microphone in the foreground. The background is dark with the event title 'Lakeshore's got Talent' in large, stylized letters. To the right, the date and time are listed: 'JUL 25 5:30PM to 7:30PM'. The Lakeshore Sport & Fitness SF logo is in the top right corner. The text describes the event as a rooftop karaoke party with complimentary food and drinks. A 'mobile music' logo is at the bottom right. A registration link is provided at the bottom of the poster.

JUL 25 5:30PM to 7:30PM

lake shore SPORT & FITNESS SF

Join us for KARAOKE on the rooftop!
Bring your friends and coworkers
and **show us your talent** with your performance.
Not a singer? Feel free to just come
and watch the entertainment!
Complimentary food and adult
beverages provided courtesy of
Press Kitchen.
Non-members welcome.

mobile music
INTERACTIVE ENTERTAINMENT

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

Tiamo Canned Wines now Available!

According to the popular press, "Canned wine is having a moment and for good reason. Companies are catching on to the fact that canned wine is not only convenient for packing on the go and for making entertaining easy, but they know that it can taste just as good as

bottled wine. Along with [boozy push pops](#), canned wine is *the* trend of Summer 2017, and you're going to be seeing it everywhere.”

So LSF is pleased to announce that we now are offering Tiamo Canned wines so that you can enjoy Rose or Chardonnay on the rooftop and indulge in the city views surrounding LSF.

Please stop into Press Kitchen for a bucket of beer or our new canned wine selections to enjoy outdoors. Full menu also available.

As a reminder, no outside food or beverage is permitted on the rooftop.

Book Your Summer Rooftop Event Now!
10% OFF on New Events Booked Before August 1st

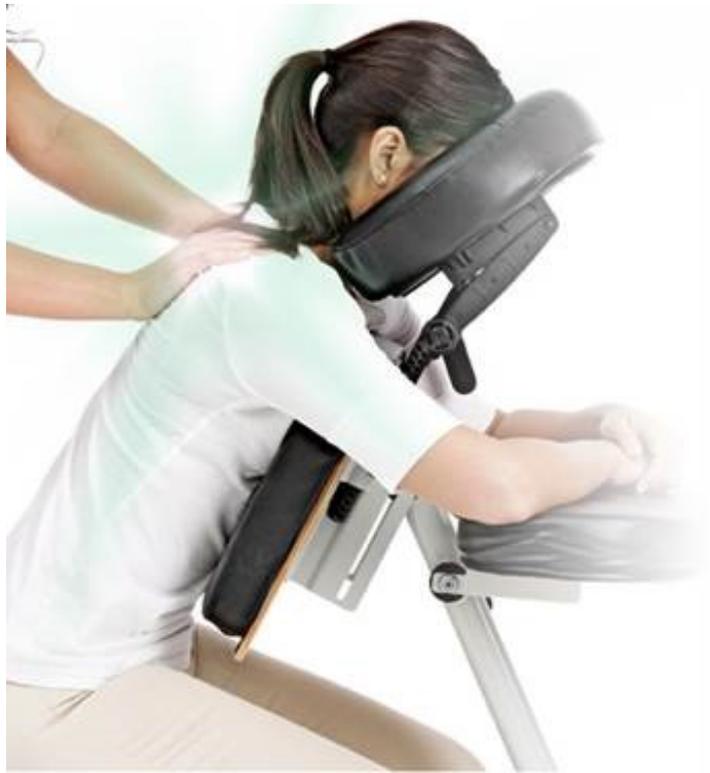
Summer is here and it is never too late to plan your corporate summer outing. We have an amazing rooftop area with spectacular views and room for parties of all sizes! We would love to host your summer party here! Let LSF and Press Kitchen take care of all the logistics, including delectable food and 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.

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

The Advantage of a Small Physical Therapy Practice

Small physical therapy clinics often have a distinct advantage over their corporate counterparts. While large entities can build brand recognition by consolidating services and decreasing costs, smaller practices aim to set themselves apart with attention to detail, ultimately allowing for more effective care for their patients. Lakeshore Physical Therapy does just that! Check out our blog at lakeshore-pt.blogspot.com or call us today to get started. Lincoln Park: (773) 770-2419, Illinois Center: (312) 801-8440.

Bring Your Kids to the Club!

LSF offers childcare for ages 6months to 12 years Monday – Friday 9am-1pm and 4pm 8pm and Saturday from 8:45am – 2pm. In addition, we welcome children under the age of 18 on Saturday and Sunday from 12pm-6pm. Children are also welcome in the club if they are in private lessons for climbing, swimming or squash. Enjoy all that LSF has to offer for you and your family. Contact your Account Manager or email ICMembership@LakeshoreSF.com for more details.

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