



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

LSF@IC Running Club – Launching April 9th – Registration now open!

Training for the triathlon, marathon, half marathon, or just want to improve your running? We are launching an LSF@IC Running Club in April 2018! No running experience needed and all skill levels are welcome!



One-time registration for the 8 month season is \$35, which includes a team running uniform, access to 12+ group training runs a month, discounted group rates to local races, and featured monthly discounts & perks for other LSF@IC services. Register now or get more details by contacting our Social Programming Director, Luis Davila, at ICEvents@LakeshoreSF.com.

Fuel Your Goals with Our Bowls - #BowlsandGoals at Press Kitchen

Have you enjoyed one of the new Signature Bowl options at Press Kitchen? Or, have you created your own bowl that perfectly fits your taste? We want you to tell us about it! Be sure to use **#BowlsandGoals** the next time you snap that perfect Instagram shot of your

breakfast, lunch, or dinner bowl! In the month of April, snap a picture of your favorite bowl, leave a comment, and tag our social media pages... at the end of the month we'll select a some lucky winners to enjoy a Bowl on LSF!



Masters Tournament Viewing Party in Press Kitchen April 5th & 6th

In the spirit of the Masters, join LSF as we host a club wide Long Drive Competition on Thursday 4/5 and a Closest to the Pin Competition on Friday 4/6. Come out and take a swing at our **Raffles & Prizes** throughout the day! Live TV coverage of Round 1 & 2 of the tournament will play among our 10 HDTVs from 2pm to 7:30pm CST.

\$5 Wings | \$5 Pretzels (w/ Beer Cheese) | \$5 Flatbreads

\$5 House Wine | \$15 Buckets O' 5 Beers | \$5 Arnold Palmers (& other Well Cocktails)

Want to reserve a table? Interested in an LSF Golf Club/League? Email

ICEvents@LakeshoreSF.com for more information.

Invite Your Friends and Co-workers to an LSF Happy Hour!

Looking for a fun way to escape the craziness of the week and enjoy social time with friends and co-workers? Let the good times roll and book an LSF Happy Hour including stationed appetizers and 2-Hours of Open Bar Beer/Wine for \$25/person (15 person minimum). Semi-private space and upgrades available. Some restrictions apply.

Contact David Klein at ICEvents@LakeshoreSF.com or 312-801-8421 to reserve event space for your corporate happy hour!

Register Now for the LSF@IC Table Tennis Flex League

Our Table Tennis Tournament & Open House last Wednesday night was a big success. Congratulations to tournament champ Santiago Cuesta and runner-up, Qiudi Peng! Table Tennis Flex League play starts this week, and there's still time to register if you're interested in taking on these two gentlemen. Are you a contender? Find out and register for this 6 – 8

week flex league now for only \$10! For more information or sign up, please email us at ICEvents@LakeshoreSF.com.



Renew Chicago Triathlon Team - LSF Registration Discount

Since 1983, the Chicago Triathlon has welcomed more than 100,000 first-time triathletes across the finish line. Five event distances, free training clinics and coaching support make it more attainable than you think. Don't miss out. Learn more. Commit today! Make a bigger impact when you race and train with a charity team. The Renew Chicago Triathlon Team has extended **\$10 OFF** registration with discount code, **Lakeshore18**. 100% of your fundraising efforts will directly impact local charity partners: Brave Initiatives, Safe Families for Children, and Breakthrough Urban Ministries!



To register, learn more, or donate now, please email our Social Programming Director, Luis Davila, at LuisD@LakeshoreSF.com or visit RenewChicago.DonorDrive.com.

We Are Proud to Run!

Come and join Lakeshore Sport & Fitness and Running to the Beat/Cycle to the Beat this year at the 37th Annual Proud to Run event taking place on Saturday, June 23, 2018! LSF is the fitness sponsor and Running to the Beat is the music sponsor. If you would like to run please use code RTTB2018 at checkout and receive a discounted registration fee.

A part of Chicago's LGBTQ+ Pride Week activities since 1982, Proud to Run (PTR) is an annual 10K run and 5K run/walk along the lakefront, focused on celebrating pride in a healthy way and raising funds to support the LGBTQ+ community of the greater Chicago area. In 2017, Proud to Run brought together over 2,000 runners, 200 volunteers, and hundreds of friends, families, and community partners. Additionally, a record \$65,000 was raised and donated to our local community beneficiaries.

To register, visit www.raceentry.com/races/proud-to-run/2018/register.

Self Defense Workshop – May 2nd, 5:30 – 7pm

You deserve to feel safe and empowered. Join us as we take you through real world scenarios in this hands-on instructional experience. In this 90-minute session, you will learn how to strategically strike an attacker to escape unsafe physical and sexual situations along with other important self-defense tactics. All levels welcome - no experience required. Class meets in 211 Lounge/Table Tennis Studio. Join us afterward in Press Kitchen for "Wine Down Wednesday" specials!

To register, visit <https://selfdefenseseminar-lsf-ic.eventbrite.com> or email us at ICEvents@LakeshoreSF.com to sign up with and charge your LSF Account



5th Annual Lakeshore Showdown – Thursday, May 10th from 5-8pm

LSF is taking the Showdown to a whole new level to celebrate 5 years of obstacles, battle and bragging rights! Join us for the **5th Annual Lakeshore Showdown – American Ninja Warrior Edition**. Check out our new additions to the course including the infamous Warped Wall! All fitness levels welcome and you can compete as an individual or on a team. The course will take approximately 3-5 minutes to complete and can be run multiple times with your best time being your prize qualifier. Prizes awarded to top three individual times for both male and female categories. Team prizes awarded for largest team, fastest average time and largest cheering section. Buffet and adult beverages included compliments of Press Kitchen for all participants and spectators. **FREE** Registration. For questions, contact

ICEvents@LakeshoreSF.com. Registration opening soon.

Register for “Lunch Box” now... while space is still available!

Boxing is an excellent form of cardio that incinerates fat and uses upper body, lower body, and core muscles. Perfect for the time-crunched lunch time workout, \$329 gets you six 30 minute boxing focused one-on-one sessions that include LUNCH – a delicious and nutritious bowl from the new menu at Press Kitchen!

What are you waiting for? Sign up now by contacting ICPT360@LakeshoreSF.com

What Makes a Great Workout?

A great way to get the most out of your workout involves using corrective exercises specific to your personal limitations as a dynamic warm up, instead of the typical 5-10 minute jog. Additionally, programming your strength circuit based on joint actions and movement, rather than targeting individual muscle groups creates far more function, and purposeful movement. Lastly, save your steady state or interval based cardio for after your strength circuits. Performance will be impacted, however, rest assured your body will be utilizing more fat storage when executed in this order.

For more information about setting up the most effective workout, contact

ICPT360@LakeshoreSF.com

Spin to Break the Cycle – Saturday, April 7th

On Saturday, April 7th, Spin to Break the Cycle takes over the iconic House of Blues Chicago uniting individuals, corporations and the greater Chicago community as together we help break the cycle and invest in the future of Chicago’s youth - creating stronger, safer, and healthier communities. This high-energy spin event raises funds to support World Sport Chicago’s initiatives that leverage the transformative power of play and sport to mobilize communities to collectively make lasting change in their own community. Whether you are an avid cyclist or a first time rider, this an inspiring way to get active and make a difference!



Join LSF's own, Matt Modleski, in the 10am hour and use code **LSF18** for \$5 off your registration fee. You can also donate to Team Lakeshore Sport & Fitness at <https://give.classy.org/LSF18>. Visit: www.spintobreakthecycle.com for more information

Did you know we offer convenient upgrades to your membership?

Convenience is key. We offer everything to make your workout easier! Ranging from secure day storage for valuables, kit locker, laundry, golf club and bike storage, scooter parking and more. Contact your Account Manager for more details.

Discounted Young Adult Personal Training – Get Fit for the Summer!

Is it already the end of March? Now is the time to get in your best shape yet! Let our amazing Personal Training Team get you going and ready to tackle whatever the future holds. To schedule a complimentary 30 minute consultation and to learn more about Discounted Young Adult Personal Training, contact ICPT360@LakeshoreSF.com



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