



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

- **It's Not Too Late to Register for Lose 2 Win!!!**
- **LSF & The Latin School Represent at U.S. Squash HS Nationals!**
- **Boxing Bootcamp – 2nd Night Added!**
- **Video Gait Analysis from Lakeshore Physical Therapy**
- **CBD Massage Coming Soon to the Spa@IC**
- **RESCHEDULED to Feb. 20th - "Life in the Loop" with Lani Granum**
- **Mind & Body Special Event – AcroYoga / FreeFLOW**
- **Unique Meeting Spaces at LSF!**

It's Not Too Late to Register for Lose 2 Win!!!

Lose 2 Win launched last week despite the record-breaking freezing temperatures, and in case you had “cold feet”, it's not too late to register! Lose 2 Win is an 8-week fitness journey and competition. We have some great prizes for the competition and some amazing deals for participants. The winner across both clubs will receive \$1,000! Cost of registration is \$299 and includes:

- One 30 min consultation with a trainer
- Three 60 min one on one personal training sessions
- Access to 8 weeks of small group training (6 sessions will be held at various times throughout the week)

Entry into the weight loss competition, based off % of body weight lost.

Please Email ICPT360@Lakeshoresf.com with questions or to register!

LOSE 2WIN

ACHIEVE YOUR GOALS WITH A FUN 8 WEEK WEIGHT LOSS CHALLENGE

An inspiring, motivating, social and fun 8 week weight loss challenge designed to help members achieve their fitness goals with built in accountability, nutrition education and a certified professional trainer.

WIN \$1,000

L2W@LakeshoreSF.com

LSF & The Latin School Represent at US Squash HS Nationals!

Last Thursday, The Latin School of Chicago Boy's and Girl's Squash Team headed to Hartford, Connecticut to participate in the 2019 U.S. Squash High School Nationals where they took on the best squash teams from around the country over the weekend. Having participated in last year's national's tournament in Philadelphia, led by coach Luis Sanchez, the team was looking to build on their tournament run as the #1 seed in division 5 for the co-ed team and #7 in division 6 for the girls' team. Great job! To find out more on how the teams did, check in with LSF's very own Squash Pro and Coach, Luis Sanchez!

Boxing Bootcamp – 2nd Night Added!

Our newest and most exciting form of intense small group training has grown so quickly that we've added a second night! Boxing Bootcamp will now be running every Tuesday and Wednesday at 5:30pm.

For only \$45, you'll receive a full hour of one-on-one boxing with a personal trainer - focusing on form, technique, self-defense, and intense fat-burning activity - as well as use of the kettlebells, ViPR logs, and InBody scale to track progress and see real results. Wraps and gloves can be provided, or feel free to bring your own if you have them. Participation changes weekly, but classes can fill up quickly, so contact NickS@LakeshoreSF.com to register and save your spot today!

Video Gait Analysis from Lakeshore Physical Therapy

Despite the cold, it is not too early to start thinking about an injury-free running season! A video gait analysis can jump start your road to recovery and help with your running performance. We will view, analyze, correct running form and help optimize your running mechanics to prepare for a great running season. Simply call for an appointment (312-801-

8440) or stop by the clinic to view a sample analysis report.



CBD Massage Coming Soon to the Spa@IC

The next time you book an appointment for a massage, you may want to consider incorporating CBD hemp oil. CBD (cannabidiol) is latest, proven health and wellness essential that has several benefits when incorporate into your regular massage and fitness routines:

- Reduce inflammation
- Reduce chronic pain
- Improve skin health
- Alleviate anxiety and stress

Worried about the origin of CBD? Don't worry, our CBD massage oils do not contain THC (the principal psychoactive constituent of cannabis). A massage already comes with its own set of health benefits. The application of firm touch in the right places has been shown to have positive effects on muscle and joint pain, stress, anxiety, headaches, digestive disorders and even sleep disorders. But adding CBD oil into the mix can enhance such benefits when applied appropriately.

CBD is coming soon to the Spa@IC. Contact ICSpa@LakeshoreSF.com if you're interested or want to learn more.

RESCHEDULED to Feb. 20th - "Life in the Loop" with Lani Granum!

A polar vortex won't stop us from getting mentally fit and being in the know! We've rescheduled last month's "Life in the Loop" with guest speaker, Lani Granum to February 20th! Lani is a clinical social worker and psychologist, who will lead a discussion titled, "What's Your Issue?". Light bites and a beverage available. \$10 fee, February 20th from 6pm – 7pm.

For more information or to register, contact NoreenP@LakeshoreSF.com.



lakeshore
LIFE IN THE LOOP GUEST SPEAKER:
LANI GRANUM
WEDNESDAY, FEB 20 | 6:00PM -to- 7:00PM

Join us the last Wednesday of every month in PressKitchen to get mentally fit and be in the know! Featuring topics of interest, light bites, beverage of choice, and new and old friends. Lani Granum, a clinic social worker and psychologist will lead a discussion "What's Your Issue?"

For more information, or to register, contact NoreenP@LakeshoreSF.com. \$10 fee

Mind & Body Special Event – AcroYoga / FreeFLOW

AcroYoga is a popular style of partner yoga using trust, strength and verbal and physical communication to lift each other into the air! FreeFLOW is a free movement class inspired by yoga, martial arts, dance, gymnastics, and other forms. This class, led by Halle and Manny is a mostly matless movement class with a playful combination of FreeFLOW moves, AcroYoga, and conditioning techniques. Level up your spacial awareness and coordinated engagement by incorporating partner and small group movement work into your physical practice. Build your creativity and strength with your community in this unique movement experience and follow it up with lively conversation and relaxing with your yogi friends over a glass of wine. Bring a special friend if you wish to explore trust and communication in an entirely new way and come dressed to leap, bound, and lift each other up! Complimentary glasses of wine to be served upstairs in the market after class so plan to stick around, kick back and enjoy yourself at this new, original #LSFWineDown Event!

Wednesday, February 20th at 6:30-8:00pm in the Yoga Studio, Wine Down immediately following in Press Kitchen

Unique Meeting Spaces at LSF!

Available meeting space can be hard to find during the busy winter months. We offer a couple of different, unique options to host your next private meeting. Our private meeting

space can accommodate anywhere from 5 to 75+ people. No need to trek far in the winter cold as LSF is right next door and connected via the Pedway! We offer in-house catering options to compliment the meeting. Dependent upon availability and a food & beverage minimum would apply. For more information, or to book your meeting, please contact ICEvents@LakeshoreSF.com.



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