



# LSF LOOP

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



## What's Happening in the Club!

- SKYLINE GRILL: Grand Opening This Wednesday May 29th!
- Private Rooftop Happy Hours!
- LSF-IC Squash Club Championship Finals & Rooftop Party
- Junior Squash Summer Camps Starting Soon – Register Now!
- Be Summer Ready with LSF's Boxing Boot Camp!
- Wednesday Wine Down and Yoga at IC – Starts June 5th!
- 2019 Summer Basketball League Registration Now Open!
- Add Your Children on to Your Account

### Skyline Grill Grand Opening May 29<sup>th</sup>!

You've all heard the whispers, and yes, they are true! On May 29, Skyline Grill will be officially open. Specialty cocktails and food prepared fresh daily from our kitchen, all located on the rooftop of the best fitness club in the Loop. Skyline Grill offers the perfect event space for Corporate, Family, or Friends to enjoy beautiful downtown views. Inquire at [ICevents@LakeshoreSF.com](mailto:ICevents@LakeshoreSF.com) for more information and stay tuned for more updates/events to come.

Join us at the **Skyline Grill**

starting May 29



**Rooftop  
Kitchen  
Lounge**

Full bar and classic healthy American fare.  
Non-members welcome, but adults only during the week.

## Private Rooftop Happy Hours!

Patio season is upon us in downtown Chicago! Book your private happy hour on our beautiful, spacious rooftop patio. In addition to the amazing views and summer breeze, we offer exquisite food and beverage packages courtesy of our Skyline Grill and Press Kitchen restaurants! We cater to groups of all sizes, from 15 to 300+. Ask about our \$25/person Happy Hour Menu Package! Let LSF host your company's next outing. For more information, or to book an outing, please contact [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com).

**lake shore ILLINOIS CENTER SF**

# HAPPY HOUR

## MENU PACKAGE

**INCLUDES:** Choice of Appetizer Stations:  
2 Hr Open Bar Beer & Wine

- Slider (beef, pulled pork or turkey club)
- Flatbreads (pepperoni, buffalo chicken or margherita)
- Taco Bar (chips & salsa, chicken tinga or al pastor pork and all the fixings) \$5 extra per person

**\$25 per person\***

\*Minimum party of 20 people

Contact David Klein at 312.801.8421 or [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com) to reserve event space for your corporate happy hour!

\*\*Booking available between 4-7pm, weekdays excluding Thursday. Price excludes 11.5% tax & 22% service charge. Semi-Private space. Venue fee may apply. Menu upgrades available. Subject to availability. Restrictions may apply\*

## LSF-IC Squash Club Championship Finals & Rooftop Party!

The annual Lakeshore squash championship is taking place this Wednesday May 29th at 5:30 PM and all are welcome to join and watch our members battle for the 2019 Squash title. The three levels are 3.0, 4.0 and 5.0.

If you would like to join us for the party right after and enjoy some camaraderie with our squash players you are more than welcome. \$25.00 will get you drinks and food at the rooftop (weather permitting) or Press Kitchen after the three matches take place.

If you need any information on how to be a part of the squash community at Lakeshore please reach out to Luis Sanchez at [LuisS@Lakeshoresf.com](mailto:LuisS@Lakeshoresf.com) or 312-801-8432.

## Junior Squash Summer Camps Starting Soon – Register Now!

Do your children want to step up their squash game? Lakeshore Sport & Fitness – Illinois Center is offering five weeks of squash camps for juniors of all ages and skill. Camps will be held at 211 N Stetson Ave.

**Week 1:** June 10<sup>th</sup> – 14<sup>th</sup> | **Week 2:** June 24<sup>th</sup> – 28<sup>th</sup> | **Week 3:** July 15<sup>th</sup> – 19<sup>th</sup>

**Week 4:** August 19<sup>th</sup> – 23<sup>rd</sup> | **Week 5:** August 26<sup>th</sup> – 30<sup>th</sup>

Training times will be 9am – 1pm, and camp fees are \$500/kid/weekly session. Lunch is included each day of training! There is space for 12 participants per week, so register now by contacting **Luis Sanchez** at [LuisS@LakeshoreSF.com](mailto:LuisS@LakeshoreSF.com) or 312-801-8432.

### **Be Summer Ready with LSF's Boxing Boot Camp!**

Summer is here; are you ready for it? If you're looking for some added intensity for your workouts, boxing boot camp is the answer. Join us every Tuesday evening at 5:30pm near the basketball court. \$45 gets you a 60-minute workout complete with 1-1 boxing, ViPR logs, kettle bells, and other modalities, all in a small-group environment for extra focus and attention to form. Use our InBody scale to track progress and see real results. Space is limited, so reach out to [NickS@LakeshoreSF.com](mailto:NickS@LakeshoreSF.com) today!

### **Wednesday Wine Down and Yoga at IC – Starts June 5<sup>th</sup>!**

LSF Illinois Center is proud to present Wednesday Wine Down! For the first time at our beautiful downtown location enjoy our weekly sunset rooftop yoga class with Halle Miroglotta. Members will enjoy a complimentary glass of wine afterward, \$5 for guests! Enjoy a recharging, empowering hour long VinyasaFLOW yoga class with breathtaking skyline views, and then mingle with members and guests and relax over wine at our fabulous rooftop bar, restaurant and pool. **Every Wednesday at 6:30pm starting June 5<sup>th</sup>.**

### **2019 Summer Basketball League Registration Now Open!**

Enrollment for our 2019 Summer Basketball League is now open! We accept both team registrations, as well as individuals looking to be placed on a team. For more information or to register, please email [ICBasketball@LakeshoreSF.com](mailto:ICBasketball@LakeshoreSF.com). League play will begin in June.

### **Limited Time Offer: Come Climb with a Friend at Member Rates!**

Did you know that climbing is a very social activity? What better way to enjoy a unique form of mental and physical activity than with someone you know? For a limited time, we are inviting our members to share the experience of climbing the tallest indoor health club wall in the US with a friend and/or family member at our member rates. We will also include a two-week membership for them to check out the club and climb with you some more! We do make it easy with an **\$35 Orientation** for beginners and advanced beginners that includes your shoes and harness. For the more experienced climber, we offer a **\$20 Belay Check** (+\$5 rental for harness and helmet each if needed).



Ready to book your reservation or have more questions? Please email: [Climbing@LakeshoreSF.com](mailto:Climbing@LakeshoreSF.com). Please give us your friend's name and contact information. We can take care of the rest. Looking forward to seeing you on the wall!

### **Add Your Children on to Your Account Today!**

As the Lakeshore East Community is changing so are our offerings here at LSF. Your children now have all day access on weekends, and we are offering children's programming. If your child is under 3 they are considered a part of your membership or if you already have unlimited childcare on your account. If your child is between 3 -17 you can now add them to your account rather than paying \$10 per visit. Please contact [ICMembership@LakeshoreSF.com](mailto:ICMembership@LakeshoreSF.com) for details.

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