



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

Pound 4 Pound is Underway Food Drive Happening Now!

Congratulations to the participants who have started their 7 week journey towards achieving their goals while helping a great cause! In addition to the pounds of food that will be donated for the pounds of food lost during this contest, we welcome everyone to join in the food drive. You can drop donations off at the desk or the barrel located by the front desk from today through November 17th! Help the Greater Chicago Food Depository gear up for the holidays by helping out today. Non-perishable items only please. Thank you for your support!

25% off All Massage Services now through October 31st! Book yours today!



The LSF @ IC Spa offers sport and relaxation massages. Soothe or de-stress aching muscles with one of three aromatherapy options. Unwind even further with a visit to our steam, sauna and whirlpool before or after your session.

25% OFF

ALL MASSAGES THROUGH OCT 31ST

211 N Stetson Ave ■ Chicago Illinois 60601 ■ 312.856.1111 ■ ICSpa@LakeshoreSF.com
Offer expires 10/31/17

Discounted Young Adult Personal Training Get Fit for the Holidays

Don't wait until the NEW YEAR to make a resolution. Get ahead of the game and go into the holidays more fit and ready to combat the ever impending temptations. To schedule a complimentary 30 minute consultation and to learn more about Discounted Young Adult Personal Training, contact ICPT360@LakeshoreSF.com.



Casino Night Company Holiday Party

Make your next company outing an evening of fun competition and camaraderie. Your Casino Night will consist of poker, blackjack, roulette, and much more. As always, the games will be complimented with food and drinks from our Press Kitchen Catering team. Become the office "Poker Champion" at your next event. We can host groups of all sizes. To book your Casino night, or for more information, contact ICEvents@LakeshoreSF.com

Join us for Lakeshore East Family Halloween Party

Monday, October 30th from 3:30-5:30pm

LSF and Magellan have partnered to bring you the second annual Lakeshore East Family Halloween Party. This complimentary event will include: trick or treating stations, arts and crafts, Halloween themed inflatables, kids play zone a DJ and a dance party! No RSVP required.

Now Serving La Colombe Coffee at Press Kitchen!

LSF has partnered with local coffee roasters at La Colombe to bring you their house blend "Corsica." La Colombe is a Chicago favorite, taking pride in their bean selection and careful handling of the grounds, in and outside of their stores around the city. Come over to Press Kitchen to enjoy the flavors of La Colombe coffee!

Don't Fall Off The Wagon! 2 Tips To Maintain A Healthy Workout!

Plan your workouts ahead of time! Know exactly what you are going to accomplish before starting your workout. Don't want waste time between exercises figuring out what machine you're going to jump onto or what muscle you feel like pumping up next.

Schedule your workouts! Look at your calendar days, weeks, and months in advance. When can you make time to get to Lakeshore? Seeing it on your schedule will keep you more accountable and on track. Don't cancel on yourself!

For more advice or guidance to help you get in the best shape of your life, email ICPT360@LakeshoreSF.com

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

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