



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

Last Days to Donate Toward Pound 4 Pound Food Drive Ends this Friday!

Awesome job Lakeshore Members! So far, across all clubs, we have received **700lbs of donated food on our way to our 1,000lb goal!** Show your support to the Greater Chicago Food Depository by dropping donations off at the barrel located by the front desk through November 17th. Non-perishable items only please. For your convenience, we are also accepting cash donations at the front desk. Thank you for your support!

Thanksgiving Hours

In observance of Thanksgiving, the club will be closed on Thursday, November 23rd. All other days will have normal hours. Press Kitchen will be closed for dinner service on Wednesday night as well as all day Friday and Saturday. Check out the app for the most up to date holiday group fitness schedule.

Dodgeball Tournament – December 5th – FREE!



Get your squad or officemates together and enjoy some friendly competition in LSF at IC's Dodgeball Tournament on December 5th. Join us from 6pm -8pm to see who get crowned the Dodgeball Champion. No team? No worries! Individuals and guests are welcome! Complimentary Press Kitchen beverages will be available for participants!

RSVP: https://dodgeballtournament_lsfc.eventbrite.com

Contact: ICEvents@LakeshoreSF.com

Corporate Holiday Parties

BOOK YOUR

Holiday Event

AND RECEIVE A SPECIAL OFFER

Let Lakeshore Sport & Fitness host your festive cocktail party, intimate luncheon, or one of our famous Murder Mystery Dinners, book your event now to ensure preferred date, space, and a special offer!

Book your holiday party and make use of a complimentary meeting space!

Contact: ICEvents@LakeshoreSF.com

For new event bookings. Offer valid for November and December events. Restrictions may apply.

lakeshore
EVENTS

It is never too early to start planning your company's holiday party! Let LSF host your winter holiday party. We provide amazing food options coupled with one of our bar packages. Our space can accommodate groups of all sizes! For more information, or to book your holiday party, contact ICEvents@LakeshoreSF.com.

SPA@IC: Two for Me & a Gift For Free

Perfect for the holiday season. Purchase two massages of 50, 80, or 110 minutes length and get a free Gift Certificate for a massage of equal length to give to a friend – or treat yourself! The SPA@IC 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 room, sauna, and whirlpool before or after your session. This offer is available through 12/31/2017. Contact: ICSpa@LakeshoreSF.com



**Ride to End AIDS
Check out a special
Cycle to the Beat on
Thursday, November 30th**

World AIDS Day is December 1st! This spring, our Group Fitness Coordinator, Matthew Modleski, will be riding in the AIDS Lifecycle, a 545 mile bike ride, from San Francisco to Los Angeles, in an effort to raise funds to fight HIV/AIDS. He'll be kicking off fundraising season with a special DUAL INSTRUCTOR CYCLE TO THE BEAT on Thursday November 30 at 6:15pm! Matt and Carla will be team teaching a one of a kind, hour long ride, while DJ Peter Canellis spins.

You can reserve a bike early by making a \$20 donation at <http://www.tofighthiv.org/goto/modleski> and then sending Matt an email at MatthewM@LakeshoreSF.com. One of the purposes of the ride is to raise awareness, so even if you can't donate, please click the link and take a moment to read about the ride and its beneficiaries.

Smoking Cessation Course Starting January 8th, 2018

The Catholic Charities will host a weekly class that will help members identify reasons to quit smoking, learn about nicotine replacement products and medications, learn about health benefits of quitting, substitute healthy behaviors, and plan for being smoke free long term. The course will run for 10 weeks total, every Monday 5:30pm – 7pm. The cost of the course is \$250 (or \$25 a class). Participants will receive a Smoking Cessation Certificate of Completion. Pre-registration is required by December 20th.

If interested, please contact ICEvents@LakeshoreSF.com to reserve a sport or for more information.

Indoor Triathlon & Brunch - Miles and Mimosas

February 24th, 2018



Swim, Bike, and Run your way to achieving your New Year's resolution during our Indoor Triathlon – Miles and Mimosas event. Challenge yourself in these three disciplines, and then treat yourself with a delicious brunch and complimentary mimosa!

For details or to register: www.indoortriandbrunch-milesandmimosas.eventbrite.com

Questions or interested in training for the event: ICEvents@LakeshoreSF.com

Burger & Beer Night Thursday at Press Kitchen!

Every Thursday night enjoy a rotation of some fun and creative burger preparations. Burgers will be paired with a local draft
Only \$10 each week...Yes please!

Check out the Press Kitchen Facebook page for the upcoming lineup of deliciousness!

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.

Pre & Post Workout Nutrition Tip

Many fitness enthusiasts prefer to work-out on an empty stomach (not having eaten within 3-4 hours), others have a light snack 1-2 hours before a workout, such as yogurt or a piece of fruit. Both methods are acceptable and research shows benefits for both. The important component is consistency and training the gut biome efficiently without digestive disruption.

If eating prior to a workout is preferred, keep the selection very small and outside of 90 minutes.

Post workout nutrition will require some protein (animal or plant based), some faster digesting carbs such as fruits, and healthy fats, from nuts, avocado, coconut oil, chia seeds etc. or other sources providing omega-3's to assist in reducing any exercise induced inflammation. Smoothies are a very fast and convenient way to re-hydrate, raise blood sugars back to normal after a hard workout, and optimize protein synthesis in the skeletal muscles. The body's ability to synthesize and assimilate protein is heightened for about an hour after exercise, a quick smoothie with some fruit, protein from various sources, and some healthy fats can be a great way to finish your workout and provide a very quick and simple solution preceding your next meal 2-4 hours after.

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