



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

Pound 4 Pound Results – Congratulations and Thank You!

Congratulations to everyone who worked so hard during the Pound 4 Pound Program! Not only did we see some significant transformations on the scale, we were able to make a significant impact on our community. We are truly proud of all of the participants during the past 7 weeks.

The total pounds of food raised across all LSF locations for the Greater Chicago Food Depository was 1,043 lbs! AMAZING!

Weight Lost = 222 lbs

Food Donated = 821 lbs

Total Pounds Donated = 1,043

Cash Donations = enough for an additional 531 meals!

Check out the amazing participant results in just 7 weeks! Great job guys!

1st Place and Overall Program Winner: **Scott Johnson – 34.6 pounds!**

1st Place at Illinois Center: **Mallory Gurts – 26.2 pounds!**

2nd place at Lincoln Park: **David Ross – 30.6 pounds!**

2nd place at Illinois Center: **Neha Arora – 10.8 pounds!**

3rd Place at Lincoln Park: **Nancy Travers – 19.4 pounds!**

3rd Place at Illinois Center: **Michelle Morris – 6.7 pounds!**

We will see you in January for Lose2Win! Registration starting soon - STAY TUNED!

Start Lowering Your Dues Today! Your Membership Could be Free!

Referrals are the cornerstone of Lakeshore Sport & Fitness. Your referrals are both welcome and rewarded with \$10 off your monthly dues, every month, per referral, for as long as they're active members! The more friends you refer the more opportunities you have to lower your dues. **Contact your Account Manager to get a guest pass for your entire office!**

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



The graphic features a woman receiving a massage. Text includes: 'SPA lake shore SF', 'Perfect for the holiday season. Purchase two massages of 50, 80, or 110 minute length and get a free Gift Certificate for a massage of equal length to give to a friend - or treat yourself!', 'TWO FOR ME AND A GIFT FOR FREE', 'For three services: 50 minute = \$170, 80 minute = \$250, 110 minute = \$330', '312.856.1113, ICSPA@LakeshoreSF.com, Offer expires 12/31/17'.

Corporate Holiday Parties – Dates in December Still Available!

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.



The graphic features images of food, a lounge area, and people at a party. Text includes: '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', and the 'lakeshore EVENTS' logo.

Dodgeball Tournament – Free Tournament and Adult Beverages – Next Tuesday!

This is the last week to register for LSF@IC's Dodgeball Tournament on December 5th! Spots are filling up quickly and it's looking like a fun time will be had by all. Get your squad

together, or sign up as an individual. Register by following the link below or emailing a list of your team members to our event s team. Join us from 6pm -8pm next Tuesday to see who gets crowned the Dodgeball Champion. Complimentary Press Kitchen beverages will be available for participants!

RSVP: https://dodgeballtournament_lsfc.eventbrite.com

Contact: ICEvents@LakeshoreSF.com



Jill McCormick Joins Lakeshore Physical Therapy

Welcome Physical Therapist, Jill McCormick, to Lakeshore Physical Therapy! Jill has extensive experience as a P.T., she loves her work, and she has returned recently to Chicago from a lengthy time away in Santa Cruz, California. While away she added greatly to her set of manual therapy skills as well as her orthopedic skills. She is excited to be back in Chicago and to be joining the team at Lakeshore PT! Stop by to set up your complimentary Injury Screen today!



Indoor Triathlon & Brunch– 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

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.

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

Private Swim Lessons Available

LSF is proud to offer private swim lessons for swimmers of all skill sets. Whether you have never swam before or are training for an up-coming Triathlon, we have instructors to customize training sessions. Swim lessons are available for both adults and children. For more information on lessons, pricing and available, please contact

ICSwimming@LakeshoreSF.com

Wine Down Wednesdays

This time a year is full of joy, but can also be pretty hectic. Why not join us in Press Kitchen mid-week for a “wine-down” at the bar? Take a chance to decompress with \$5 glasses of select wine all day every Wednesday. Enjoy!

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

Incorporating Flexibility and Mobility into Your Workout

A critical component of your overall fitness and preventative objectives is often the most often overlooked and neglected. Training joints through range mobility, and soft tissue through flexibility will increase your range of motion, prevent injury, enhance performance, mitigate chronic pain, expedite recovery, and enhance overall sense of well-being. Whether the workout begins with cardio or lifting, begin with a "Dynamic Warm-Up" for 10 minutes. Protocols include moving joints in specific ranges/angles guiding the joint through fluid motion to enhance it's range and induce circulation to the joint and associated musculature. Do not static stretch in a cold state to begin your workout, research has shown this can increase the likelihood of strains and sprains. Save the static stretching, (which is soft tissue focused, and includes isometric positions) for the end of the workout when the

musculature is pliable and circulated with blood flow. The dynamic warm-up and cool down static stretching are also a great way to incorporate additional "corrective" exercise to address chronic pain in the lower/upper back, shoulders, neck, and knees - in addition to addressing different types of poor postures.

THURSDAY 11/30 - Dual Instructor "Cycle to the Beat" to End AIDS

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.

Climbing Wall Open House: Wednesday, January 24th – 6-9pm

For beginner to experienced climbers, everyone is welcome to our "Get to the Top" Climbing Wall Open House & Mixer. Join us Wednesday, January 24th from 6-9pm for a challenging evening of climbing on one of the tallest indoor walls in the United States. Wouldn't you rather have a unique exercise experience with a friend? Either bring one or meet new ones. Climbing is more fun with friends.

The fee is \$10 for members & \$15 for non-members. This includes all rental equipment, instruction, plenty of climb-time and refreshments. RSVP to at Climbing@LakeshoreSF.com. Register early as space is limited.

Holiday Hours

Christmas Eve – 7am-3pm

Christmas Day – Closed

New Year's Eve – 7am-3pm

New Year's Day – 7am-10pm

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