



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

SPA@IC: Two for Me & a Gift for Free Offer Ending Soon

These are the final weeks to purchase this amazing offer – available through 12/31/17. If you already purchased a promotion, why not buy another? There are no purchase limitations and all massages expire 6/30/18. 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. Contact ICSpa@LakeshoreSF.com



“LOSE 2 WIN” Returns by Popular Demand

Are you making a New Year's Resolution? Do you have a weight loss goal? Do you need a plan and a support team? If so, then “Lose 2 Win” is just for you!

What is “Lose 2 Win”? It's an inspiring, motivating and fun 8 week program designed to help members meet their fitness/weight loss goals. Whether it's to lose weight or get more fit, the “Lose 2 Win” program is an effective, excuse proof and fun way to lose weight and get the results you desire before heading off to spring break. “Lose 2 Win” offers each member built

in accountability, nutrition education, personal training and small group training. Top winners in both male and female categories get \$1,000! And don't forget the life-changing results you can get in a short 8 week period of time – our winners in Pound 4 Pound lost over 30 pounds!

Dates:

- Registration December 15th – January 31st
- Initial confidential baseline measurements January 30- February 1st (weight, measurements, body fat %, wellness questionnaire)
- Training sessions with a PT coach every other week of the program
- “Lose 2 Win” Program January 29th – March 23rd
- Final measurements March 21st-23rd

Lose 2 Win Program Contents:

- For \$299 each member receives the following:
- One 30 minute private consultation with a fitness professional to set the member's goal and 8-week plan
- Three (3) private personal training sessions 60 minutes each
- Weekly small group training sessions and progress reports
- Discounts on personal training, nutrition coaching and assessments
- Post contest awards ceremony and cocktail party
- For questions, more information or to sign up contact ICPT360@LakeshoreSF.com

Give the Gift of LSF

Just in time for the holiday season, Lakeshore Sport & Fitness at Illinois Center has several ways in which you can spoil or pamper that special someone – or treat yourself! Gift a 1 or 3 Month Membership to your workout partner, or select from an assortment of gift baskets, add on a massage session from the Spa@IC or a bottle of wine from Press Kitchen, and “voila” – you just mastered the holiday shopping season!

Check in at the Front Desk and ask for more details on our offerings!

Climbing Wall Open House

Wednesday, January 24th – 6-9pm

From 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 the tallest indoor rock wall in the country! 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 and \$15 for non-members. This includes all rental equipment, instruction, plenty of climb-time and refreshments. RSVP to Climbing@LakeshoreSF.com Register early. Space is limited.

Self Defense Seminar – Thursday January 25th, 2018 at 5:30pm

Join us as a Tang Soo Do black belt, Instructor Christina Biancamano, takes us through a 90 minute, basic self-defense workshop. You'll learn how to empower yourself in real world scenarios after getting hands on practice covering several techniques including vocalization, striking, choke releases, weapons defense, and leveraging your environment to your advantage.

Register now for \$49 at <https://selfdefenseseminar-lsf-ic.eventbrite.com> or contact ICEvents@LakeshoreSF.com for more information.

A promotional poster for a self-defense seminar. The background is a close-up photograph of a woman with dark hair, wearing black martial arts gloves, looking intensely at the camera with her right hand raised in a fist. The text is overlaid on the image. In the top left corner is the logo for 'lake shore ILLINOIS CENTER SF'. In the top right corner, the date and time are listed: 'THURSDAY JAN 25th 5:30-7:00PM'. The main title 'SELF DEFENSE SEMINAR' is written in large, bold, white capital letters across the middle. At the bottom, a dark grey box contains white text describing the seminar and the price '\$49' in orange.

lake shore
ILLINOIS CENTER **SF**

THURSDAY
JAN 25th
5:30-7:00PM

SELF DEFENSE SEMINAR

Everyone deserves to feel safe and empowered. Want the basic skills you need to defend yourself? Join us as we walk through real world scenarios and train to escape unsafe situations. In this 90-minute session, you will learn how to be aware of your surroundings and important self-defense tactics in case of physical and sexual attack. All levels are welcome. Class meets in the 211 Lounge.

\$49

Winter Ski & Snowboard Retreat

Saturday February 10th

Join us and other LSF Members for a fun day of skiing or snowboarding as we take a short trip north on the LSF Express to Wilmot Mountain. Take a day to enjoy being active in a winter wonderland nestled only 1.5 hours north of LSF@IC on the Wisconsin border. Breakfast, ride, tickets, rentals and post skiing drinks included! Space is limited so reserve your spot today!

Register by visiting https://lsf_ic-winterski retreat.eventbrite.com or for more information email ICEvents@LakeshoreSF.com

Indoor Triathlon & Brunch– February 24th

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!

lake shore SF
ILLINOIS CENTER

FEB 24 8AM

MILES & MIMOSAS
INDOOR TRIATHLON & BRUNCH

REGISTER HERE: [Indoortriandbrunch-milesandmimosas.eventbrite.com](https://indoortriandbrunch-milesandmimosas.eventbrite.com)

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

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

UPDATE: Group Fitness Coordinator Rides to End AIDS

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 kicked off fundraising season with a special Dual Instructor Cycle to the Beat. It was a successful fundraising ride – the Matt and Carla team taught while Peter rocked the DJ table and the Cycle to the Beat community raised \$1015 to fight HIV/AIDS. Ride on!

Be on the lookout for more opportunities to help Matt raise money for this great cause or check out his fundraiser page at <http://www.tofighthiv.org/goto/modleski> and donate now.

Swim Lessons Available

LSF is pleased 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

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



Alcohol and your Body Composition Tis the Season for Holiday parties!

It is okay to enjoy your holiday season, but keep in mind a few factors relating to drinking and staying fit. Reasonable Alcohol consumption (1-4 drinks) is not unhealthy, and will not lead to weight gain unless accompanied by poor nutritional habits. Drinking more than 1-4 beverages in combination with sugar, carbohydrate, and excess fat content is the real issue.

The two factors contributing to composition challenges with alcohol is that the liver metabolizes one thing at a time, it takes one hour to metabolize one a 1 oz. shot, 4 oz wine, or 12oz beer. The liver will prioritize the metabolic process toward the toxin, the fat burning

and glucose producing functions will discontinue until the alcohol has been metabolized.

Four hours of fat metabolism has been lost, now add the implications of lowered inhibitions toward pizza, wings, burgers, sandwiches, fries, etc.

Why is it so hard to eat reasonably while drinking? Mental inhibition is not the real culprit, after your first drink, your blood sugar will drop, again due to the liver prioritizing producing glucose production to metabolizing the alcohol. Blood sugar can be affected for 16 hours after drinking, which is why reasonable nutritional habits are so challenging during and after drinking. The loss of fat metabolism and strong hunger bouts due to blood sugar deregulation are the main causes of weight gain. Stick to 1-3 drinks and eat meat and veggies a few hours before, some during, and a few hours after (or the next morning) to keep the balance in your favor.

Breakfast & Lunch on the Fly!

This time of year have you in a hurry? No line – No Waiting! Fill out the order form at **Press Kitchen**, *pre-work out or on your way to work!* Specify the pick-up time & choose a delicious meal! Pick up your breakfast or lunch on your time and enjoy!

Group Catering available: To-Go or Dine-In

Contact us at: PressKitchen@LakeshoreSF.com

Start Lowering Your Dues Today!

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 for guest passes.

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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