



# LSF LOOP

What's New and News at Lakeshore SF



## What's Happening in the Club!

**The Roof is on Fire!**

**Complimentary Cocktail Party Featuring a Fire Performer!**

**Tuesday, June 27<sup>th</sup> from 5:30-7:30**

Take in the spectacular views while enjoying a fire performer, music, mingling and complimentary food and beverage courtesy of Press Kitchen. Non-members welcome so bring your friends or co-workers! To RSVP, please visit

<https://lsfsummerkickoff.eventbrite.com>

**the  
ROOF  
is on  
FIRE**

ROOFTOP SUMMER KICKOFF PARTY

**JUN 27** 5:30PM to 7:30PM

lake shore SPORT & FITNESS SF

Join us on our spectacular rooftop and take in the amazing city views while laying witness to a spectacular fire performance! Complimentary food and adult beverages courtesy of Press Kitchen! Non-members are welcome, so bring your co-workers and friends and fire up the summer!

RSVP:  
<https://lsfsummerkickoff.eventbrite.com>

## Welcome our New Massage Therapist

Lakeshore Sport & Fitness is excited to have Marie Birrueta join the massage team at the Illinois Center. Maria comes to us from Villa Sport Athletic Club and Spa in Houston and has four years of massage experience!



## **The Spa is Now Open on Sundays!**

As of June 11<sup>th</sup>, we are happy to extend our massage availability to include Sunday as well as additional availability on Friday and Saturday!

Have you been waiting for a reason to treat yourself to a premium massage experience in our Spa? Now is the time! For first time clients, we are offering a **25% discount on your first service** with us! Simply mention this offer when booking your service to receive the discount! Offer is valid through June 30<sup>th</sup>.

We offer both a Sport massage and a Relaxation massage for you to choose from. Your choice of an Aromatherapy scent is included along with hot towel treatment to enhance your massage. Robe and slippers are provided as is a relaxation room for your use before the massage. Of course, you can come in early and take advantage of the steam room, sauna, and Jacuzzi to get into the right frame of mind before your service!

Book your massage through the MyLSF app, [MyLSF website](#), [ICSpa@LakeshoreSF.com](mailto:ICSpa@LakeshoreSF.com), or by calling the club at 312-856-1111. We look forward to seeing you soon!

## **SIP & STRETCH – on the Rooftop!** **Tuesdays this summer 7-7:30pm**

Grab a beverage of your choice at Press Kitchen, and then meet us up on the roof for a half hour stretch led by Matt Modleski. Bands and Mats will be ready on the roof, and participants will be led through a full body stretch. Come restore, relax and have fun! Participants will receive 50% off beverages, not only for the class, but for the entire night! For more information, contact [ICGroupFitness@LakeshoreSF.com](mailto:ICGroupFitness@LakeshoreSF.com)

## **30 Minute Jump Rope classes have arrived!**

It's about to get crazy with our new 30 minute Jump Rope classes! **Six Pack Skip** is a 30 minute HIIT and Core Class! It is agility based circuits featuring rope jumping cardio paired with dynamic core movements. **RIPPED** is circuits of body loaded movement and agility based cardio featuring rope jumping. Our talented group of elite instructors Jenn Hogg, Matthew Modleski and Marques Chaplin will lead the way!

**Wednesdays: 1pm, 1:30pm & 6:30pm**

**Fridays: 7:15am & 7:45am**

Main Studio

All levels welcome!

For more information, contact [ICGroupFitness@LakeshoreSF.com](mailto:ICGroupFitness@LakeshoreSF.com)

**Book Your Summer Rooftop Event Now!**

**10% OFF on New Events Booked Before August 1<sup>st</sup>**

Spring has sprung, and it is never too early to plan your corporate summer outing. We have an amazing rooftop area with spectacular views and room for parties of all sizes! We would love to host your summer party here! Let LSF and Press Kitchen take care of all the logistics, including delectable food and cold adult beverages. Dates are booking quickly, so be sure not to miss out on this opportunity. For more information or to book your next outing, contact [ICEvents@lakeshoreSF.com](mailto:ICEvents@lakeshoreSF.com).

**Lakeshore Physical Therapy and Lakeshore Sport & Fitness joined together in the fight against lupus!**



**Summer Will Be Here before You Know It!  
Check out Summer Camp with LSF!**

Join us for a summer full of fun - swim lessons, fieldtrips, Color Wars, Camp Prom, Rocket Wars, Superhero Training Camp, Bulls Basketball & much more! Traditional, sports & specialty camps are available for 2-14 year olds from June 5th through September 1st. Daily and weekly registration is available. See our camp brochures [here](#) for more information or email us at [LPCamp@LakeshoreSF.com](mailto:LPCamp@LakeshoreSF.com). Illinois Center members receive member pricing at our Lincoln Park location. Sign up today!

**Your Membership Could be FREE!**

With Lakeshore's amazing referral program, for every person that you refer that joins, you receive \$10 off your monthly membership for as long as they are a member! Ask us how to get a trial pass for your entire office – [ICMembership@LakeshoreSF.com](mailto:ICMembership@LakeshoreSF.com)

## Get a Massage at Work - We come to you!

The Spa@IC has gone mobile! We are now offering the ability to schedule our talented massage therapists to come to your office and provide chair massage for your company.

What are the benefits of chair massage?

- Reduce Stress
- Decrease muscle tension and pain
- Relieve headaches
- Improve sleep quality
- Increase focus and mental clarity
- Increase energy and circulation
- Lower blood pressure
- Increase immune function
- Prevent repetitive strain injuries
- Treat carpal tunnel and tendonitis



From the employee suffering from headaches, to the CEO's bottom line, everyone wins. The end result is happier, healthier employees who are more productive and bring more to their organizations. Which, of course, ultimately leads to a healthier, happier bottom line! \$100/hour per therapist.

For more information or to book your in-office massage, contact [ICSpa@LakeshoreSF.com](mailto:ICSpa@LakeshoreSF.com)

## Summer Squash Camp

Lakeshore is offering several chances this summer for your child to get introduced to one of the fastest growing sports!

Squash has many benefits including adding to your child's extracurricular portfolio and helping to place them on a competitive collegiate team. In addition, squash is a very active sport that teaches them how to stay healthy for life.

2017 summer camp schedule

June 19th- 23rd

June 26th- 30th

July 10th- 14th

July 17th – 21st

August 14th – 18th

August 21st – 25th

Monday to Friday from 9:00AM to 3:00PM (after care available)

\$600/child/week

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