



# LSF LOOP

What's **New** and **News** at Lakeshore SF



## What's Happening in the Club!

**TONIGHT'S THE NIGHT!**

**Lakeshore's Got Talent**

**Rooftop Karaoke and Cocktail Party from 5:30-7:30pm**

Enjoy complimentary food and adult beverage courtesy of Press Kitchen. Non-members welcome so bring your friends and co-workers! To RSVP, visit

<https://rockingtherooftop.eventbrite.com>



## 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)

## Areas of the Club Reserved this Thursday

Please note that on Thursday from 1pm to 4pm, certain areas of the club including the basketball court, running track and rooftop will be unavailable due to a large event. We apologize for the inconvenience.

## Team-Building Events

We specialize in creating exciting events that get your team working together. Take your team for a company climb, compete in fun games in Press Kitchen including golf and billiards, or do an "old-school" field day with relay races, tug of war and other fun games that bring your team together in a unique way. For more information, contact [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com).

## The Importance of Proprioceptive Training

"I've always had bad balance." Does that statement sound familiar? Deficient balance (proprioception) can lead to various injuries and less optimal athletic performance. It is essential to add proprioceptive training to your workouts and day-to-day activities to avoid injuries and improve coordination. Proprioception is the body's ability to transmit a sense of position, analyze that information and react with the proper movement. Generally speaking, proprioception allows you to navigate in a dark room or hit a tennis ball without looking at the racquet. There are tiny sensory receptors in your muscles, joints and skin that provide information to your brain so you can react accurately. Proprioception can decrease with age, sedentary lifestyle and/or orthopedic injuries. Perhaps you notice decreased balance on the injured side after an ankle sprain. Maybe you feel unsteady walking on uneven sidewalks. Try to incorporate balance as part of your daily routine. Exercises may include standing on one leg, jumping, sidestepping and diagonal patterns for upper and lower body. The physical therapists at Lakeshore Physical Therapy are here to help you with proprioceptive retraining or any other questions you may have. Stop by or contact us at either location, Lincoln Park: 773-770-2419 and Illinois Center: 312-801-8440.

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