



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

Lakeshore and Lincoln Motor Company Partner this week – Earn a \$30 Gift Card

Simply take a peek at the new Lincoln and earn a gift of a \$30 LSF gift card. It's that easy!
For more information or questions, please contact ICEvents@LakeshoreSF.com



Join us in front of the club on:

August 9-13th

Wednesday – Friday from 5pm-9pm

Saturday and Sunday from 9am-1pm

Live Music on the Roof!

Tuesday, September 19th from 5:30-9:30pm

You're invited! Help us celebrate the end of summer with a fun night on the rooftop featuring a live band, great eats and adult drinks, compliments of Press Kitchen! Non-members welcome so bring your co-workers! To register, go to

<https://livemusicontheroof.eventbrite.com>

Climbing Wall Update Pre-registration Required

Beginning Monday, August 21st, we are moving to a very simple reservation system. Members will continue to have complimentary climbing privileges, once an Orientation

and/or Belay Check has been completed. In order to reserve your climbing time, there are three options. The first is to go to the MYLSF App and book your reservation, second is call the front desk and the receptionist will sign you up and lastly, go to the web-site (www.myLSF.net), click on Member Services, go to Scheduler and click on Climbing Wall and book your time slot. Please be aware, we will not keep the climbing wall open if there are no reservations. Registration is required the day before the climbing session. We do have a 24 hour cancellation policy and there is \$10 fee for not showing up to a pre-booked session. If you have any questions, please contact Climbing@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.

What Makes a Great Workout?

A great way to get the most out of your workout involves using corrective exercises specific to your personal limitations as a dynamic warm up, instead of the typical 5-10 minute jog. Additionally, programming your strength circuit based on joint actions and movement, rather than targeting individual muscle groups creates far more function, and purposeful movement. Lastly, save your steady state or interval based cardio for after your strength circuits. Performance will be impacted, however, rest assured your body will be utilizing more fat storage when executed in this order. For more information about setting up the most effective workout, contact ICPT360@LakeshoreSF.com

Let LSF Host your Next Company or Private Event

LSF offers exciting and unique events for 5-500 people. Take advantage of LSF's extensive facilities to make your next meeting, team-building event or group activity special and unique. Break down barriers across departments or between junior and senior staff through sport and fitness activities. Ask about booking yours today by contacting ICEvents@LakeshoreSF.com.



Taco Tuesdays in Press Kitchen

Sous Chef Mike will feature a different trio of tacos from week to week using the best local/seasonal ingredients. Tacos will be paired perfectly with a rotating local brew. All of this for just \$10. Salud!

Your Best Posture Is Right Around the Corner

Lakeshore Physical Therapy is offering a free postural assessment this month! During the postural assessment, you will have the chance to meet with an experienced physical therapist who will analyze your posture. The physical therapist will offer tips to improve any deficits they observe. They will also be able to address any postural concerns or questions you may have. Please call either of our locations to schedule an appointment: Lincoln Park 773-770-2419, or Illinois Center 312-801-8440.

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Lakeshore Sport & Fitness
1320 W. Fullerton
Chicago, Illinois 60614
US

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