



# LSF LOOP

What's New and News at Lakeshore SF



## What's Happening in the Club!

### **Pound 4 Pound: An amazing educational fitness program where you can help a great cause by getting in shape! Registration now open!**

This program is designed for ANYONE looking to learn. You will have a full 7 week daily workout regimen that will teach you the fundamentals of everything from strength training in multiple modalities to how to properly set up your routine for the best results! If weight loss is your goal, LSF will donate one pound of food for every pound you lose during the program! Check out the specific details below:



**October 2<sup>nd</sup> – November 17<sup>th</sup>**

#### **Program Includes:**

- Nutrition Kickoff Seminar
- (1) One-on-one session with a Personal Trainer
- (3) 15 minute live check-ins with a Personal Trainer
- (7) weeks of Small Group Personal Training
- A weekly workout, nutrition and program guide
- T-shirt
- Post contest awards ceremony and cocktail party
- A pound of food donated for every pound lost

**7 weeks of Small Group Training Includes Education and Workouts on:  
Tuesday and Thursdays 7am and 5pm**

Week 1: Cardio Programming and Mobility

Week 2: Body Weight Training

Week 3: Machine Weights

Week 4: Free Weights

Week 5: Functional Motion – Kettle Bells

Week 6: Functional Motion – TRX, ViPR, Synergy

Week 7: Traveling Workouts

**Member prize:**

Each location winner gets a one-year standard membership

Total overall contest winner (across all locations) \$1000 CASH!

IN ADDITION, WE WILL BE RUNNING A COMPANY WIDE FOOD DRIVE DURING THAT TIME!!

**Tonight is the Night!**  
**Live Music on the Roof**  
**Featuring “The Friends Band” 5:30-7:30pm**  
**COMPLIMENTARY!**



Come enjoy one of the last beautiful Chicago nights on the spectacular LSF rooftop. Food and beverage complimentary courtesy of Press Kitchen. Non-members welcome.

To register, go to <https://livemusicontheroof.eventbrite.com>

**Young Adult Personal Training**

## Reduced Pricing now Available

Get the results you want – now! Young Adult Personal Training rates and express session length. These sessions, designed to give you guidance and a great workout, are only \$49 per session for 18-29 year olds. Have you been interested in training without the upfront package commitment? Young adult training might be for you. Sessions will be available with our Certified Personal Trainer Base level coaches. Stop the guessing and get the professional guidance you need along with an amazing workout! For more information or to schedule your complimentary consultation, please contact [ICPT360@LakeshoreSF.com](mailto:ICPT360@LakeshoreSF.com)



## 25% off All Massage Services now through October 31<sup>st</sup>! Book yours today!



The LSF @ IC Spa 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, sauna and whirlpool before or after your session.



## Murder Mystery Dinner Group Outings Great for a Holiday Get Together

Bring your office or private group out for a fun, interactive night of mystery solving, food and adult beverages! Kick off the party with hors d'oeuvres from Press Kitchen and cocktails,

and mingle about to learn more about the suspects. Throughout the event, you'll receive clues while trying to figure out who dun' it! Murder Mystery dinner parties make for a great addition to holiday parties and team-building events, or even private happy hour events! For more information, contact [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com)

## **Don't fall off the Wagon!**

### **Here are 2 Tips to Help Maintain a Healthy Workout!**

When you think of "routine," you might think about something that is either scheduled, or planned. A solid fitness program is no different than any other routine in life. Treat it the same a weekly work meetings or your family calendar.

PLAN YOUR WORKOUTS AHEAD OF TIME! - Know exactly what you are going to accomplish before starting your workout. You don't want to waste time between exercises figuring out what machine you're going to jump onto or what muscle you feel like pumping up next. Save time by knowing your plan ahead of time.

SCHEDULE. YOUR. WORKOUTS. Look at your calendar days, weeks, and months in advance. When can you make time for YOU? Seeing it on your schedule will keep you more accountable and on track. Book an appointment and don't cancel on yourself! Treat it as you would any other appointment in your calendar.

Make the fix and establish a regular routine to keep you on track toward reaching your goals!

## **Wine Down Wednesdays in Press Kitchen**

Join us in Press Kitchen mid-week for a "wine-down" at the bar. \$5 glasses of select wine all day every Wednesday.

## **Good vs. Exceptional Lakeshore Physical Therapy**

Whether it is your first or your fiftieth time seeking physical therapy, you want to put your health in the hands of a physical therapist that can help you achieve your goals. A good physical therapist has a solid education of the musculoskeletal system as well as training in biomechanics, neuroscience, physiology and kinesiology. Well-credentialed with a license in the state in which they practice is also a given requirement. But if you are seeking an exceptional physical therapist, there are some additional traits to look for in your provider.

[Want to know what they are? Check out Sally's blog post for more details!](http://lakeshore-pt.blogspot.com)

[\(http://lakeshore-pt.blogspot.com\)](http://lakeshore-pt.blogspot.com)

## Squash Round Robin Schedule

Check out our fall Round Robin schedule:

Mondays - 6:00pm to 8:00pm - Open Court Mixer

Wednesday – 12:00pm-1:00pm - Open Court Mixer

Wednesday - 6:00pm to 8:00pm - Level 2.0 to 3.0 Mixer

Thursday - 6:00pm to 8:00pm - Open Court Mixer

Saturday - 10:00am to 11:30am - Level 3.0-4.0 mixer

Sunday - 8:00am – 9:00am - Level 2.0 mixer

Court time will be reserved for these events at no cost to our members.

If you would like to participate but unsure of your rating please reach out to

[ICsquash@LakeshoreSF.com](mailto:ICsquash@LakeshoreSF.com)

## Climbing Wall Reminder Pre-Registration Required

The climbing wall now has 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 methods to do this. The first is to go to the MYLS.net 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, 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](mailto:Climbing@Lakeshoresf.com)

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