



# LSF LOOP

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



September 7, 2017

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### **Registration NOW OPEN! Pound 4 Pound – Losing Weight for a Cause!**

Pound 4 Pound is a fun and educational way to lose weight while helping out a great cause: for every pound you lose, LSF will donate a pound of food to those in need! The person who loses the most weight wins a year free membership. Develop healthy practices and lose weight before the holidays so that you look great and are ready for all the temptations!

In this 7 week program, you have full access to a trainer who will be holding you accountable to your workouts and nutrition via in person training and accountability meetings as well as via an App. You will receive 7 weeks of programming in a small group where you will learn how to effectively program all of your workouts including, strength, cardio, functional motion, free weights and more! Plus, every week you receive a full guide for what to do daily to ensure optimal results. All participants receive a program t-shirt, pre-program nutrition seminar and post program cocktail party and awards ceremony. Program cost is \$299 and starts on October 2<sup>nd</sup>. To register or for more information, please contact [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com)

### **New at LSF: Drone Flying for Families on Saturday, September 16th and 23rd!**

Have you ever been interested in learning how to fly a drone? Have you watched the latest ESPN series on racing drones? Does it seem cool to you but you don't have the space to do it in your house (who does!)? Then come join us on Saturday, September 16th or Saturday, September 23rd from 7-9pm to learn how to fly a drone above our tennis courts. The first session will teach you the basics of flying a drone while the second session is specifically designed to teach you how to race a drone. Drone flying lessons are open to individuals or families – so feel free to drop off your child or join them for a fun family night. Due to the manual dexterity requirements, however, all participants must be in 4th grade or older. There is only space for six pilots at a time, so if you are coming as a family or a couple of friends, you will share a drone. The price is \$49 if you bring your own drone or \$89 if you would like to use an LSF race drone. Reserve your spot today by emailing [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) or register at MyLSF.net. All families who dine at Harvest prior to the event receive one free appetizer so make your reservation now.

### **Club 48 Kickoff Event Sunday, September 17th from 3-5pm**

We are hosting a special kickoff event on Sunday, September 17<sup>th</sup> from 3:00-5:00pm just for Club 48 kids! We'll feature slip n slides, inflatables, a 3 on 3 basketball tournament, nine square in the air & more! Parents – we invite you to join us in Harvest during this time for a complimentary glass of wine or beer and ½ off appetizers. Our management team will be around to chat about the details of the program and answer any questions. RSVP via

MyLSF.net or email us at [Club48@LakeshoreSF.com](mailto:Club48@LakeshoreSF.com).

### **Final Rooftop Member Party: September 24<sup>th</sup> from 2-4 PM**

Do not miss the final summer Member party of the season at Lakeshore! Join us for fun, games and music from the popular “The Friendly Band” on Sunday, September 24<sup>th</sup> from 2:00pm – 4:00pm on the rooftop at Lakeshore! We will have food, games, face painting and all kinds of activities for adults and kids to enjoy. There will be food served for the little ones on the kids’ side of the roof and an adult offering at Harvest including beer and wine. Come on out and enjoy the final slice of Chicago summer on the rooftop at Lakeshore!

### **Young Adult Indoor Baseball: Wednesday, September 27<sup>th</sup> from 7-9PM**

Batter up, batter up all 21 – 35 year olds! Just in time for the post-season, Lakeshore Sport & Fitness will host Indoor Baseball! Complimentary pizza and beer will be served to all participants throughout the event. Each member of the winning team will receive gift cards compliments of Lakeshore Sport & Fitness. Bring some teammates, guests, and let’s PLAY BALL! RSVP by 9/26: \$10 per member, \$5 with one guest or free with 2 or more guests.

### **Wine Down Wednesday Yoga – Extended through September 27<sup>th</sup>!**

Join us every Wednesday for rooftop yoga followed by relaxing even further with a complimentary glass of wine afterwards. All levels welcome. Stick around and enjoy dinner at our rooftop restaurant Harvest. In the event of inclement weather, we will head indoors to our yoga studio on the second floor. Guests are welcome – but must be registered with [Membership@LakeshoreSF.com](mailto:Membership@LakeshoreSF.com) ahead of time.

## **Club Spaces**

### **4th Floor Family Pool Closed for Maintenance September 10<sup>th</sup> through 16<sup>th</sup>**

We are completing annual maintenance on the fourth floor family pool. It will be closed at 7:00pm on Sunday, September 10<sup>th</sup> and will reopen the morning of Saturday, September 16<sup>th</sup>. All lessons are cancelled for this week. As a reminder, the 1<sup>st</sup> floor lap pool is only available for lap swimming and is reserved for those in high school or older.

### **Harvest Rooftop Dining – Open Year Round!**

Enjoy rooftop dining with Harvest all Fall and Winter long! We’ll be moving indoors in the fall so get ready to enjoy Chef Trevor’s amazing cuisine year – round!

### **Gilligan’s Game Room Suggestions**

Did you know that Gilligan’s Game Room has air hockey, ping pong, darts, foosball, shuffleboard and more? It is located above tennis courts 7 & 8 on the second floor. Equipment can be checked out at the Front Desk. As we look to our second year of having

this great play space, we are looking for suggestions on other games or activities that we could include to improve your experience – we are not planning to add video games though! So please email [PG@LakeshoreSF.com](mailto:PG@LakeshoreSF.com) if you have any suggestions.

## **Kids Programming**

### **LSF Academy Kids Basketball and Dance Classes Start September 11th!**

Our new LSF Academy session starts September 11th and feature three levels of basketball instruction and two levels of dance instruction. LSF Academy is open to all 3 through 10 year olds. Cost per member is \$160. See the class information [here](#) or email us at [KidEvents@LakeshoreSF.com](mailto:KidEvents@LakeshoreSF.com) for more information!

### **Do You Already Miss Summer Camp? Reserve Your Spot for School Day Out Camp now!**

School Days Out Camp is LSF's September-to-May camp option when school is not in session. We offer a full day of engaging and recreational programming that makes full use of our facility, neighborhood and all-star staff. The cost is \$99 per day for members and \$129 for guests. See more information and the registration form [here](#).

### **New Kids' Swimming Classes Start September 18th!**

We've been hard at work updating our swim lesson curriculum and staff development program to roll out this fall session - watch soon for updated class names, Learn to Swim in replacement of the Preschool classes, following suit with Levels 1, 2, and 3. We are excited to offer a stronger experience with a progressive teaching approach that allows students to learn at a pace that is comfortable and individualized, while in a fun learning environment. Registration information is available on our website [here](#). For more information, email [LPAquatics@LakeshoreSF.com](mailto:LPAquatics@LakeshoreSF.com).

### **PeeWee Playschool Fall Registration is Open: Schedule a Free Trial Day Today!**

PeeWee Preschool is a drop-off program for 2-4 year olds that focuses on socialization, creativity, learning, and most of all, fun! The program includes circle time, art, music, yoga, gross motor play, a 30 minute swim lesson, snack and more! See more information and the registration form [here](#).

## **Personal Training and Physical Therapy Corner**

### **Alcohol and Your Body Composition**

Alcohol and fitness, it can be confusing. Reasonable Alcohol consumption (1-4 drinks) is not unhealthy, and will not lead to weight gain without poor nutritional habits to accompany it. Additionally, there is not much of a difference between beer, wine, and spirits.

Drinking more than 1-4 beverages in combination with sugar, carbohydrate, and excess fat content is the real issue. Calories from alcohol are not stored, alcohol is a toxin and is metabolized in the liver. The two factors contributing to composition challenges with alcohol is that the liver metabolizes one thing at a time and it takes one hour to metabolize a 1 oz. shot, 4 oz. wine or 12 oz. beer. The liver will prioritize the metabolic process for alcohol rather than burning fat.

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, 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.

### **Try a 20 minute Total Body Work Out**

This quick routine can be performed in most spaces. You can use it at home, on a break at the office, or use it as a “No Wait” work out at your gym. **Before you start, don't forget to WARM UP:** Make sure to get your heart rate pumping and get your muscles warm or you're just asking for injury. You can run in place, jump rope, do a few push-ups, pedal on a stationary bike, do some punches and kicks, jog up and down your stairs, and/or twist and swing your arms and legs to get them moving! Give it about 5 minutes, and don't wear yourself out completely, but get your heart rate elevated.

After the warm up, perform the following routine 3 times in 20 minutes to maximize your caloric output:

- 20 bodyweight squats
- 10 push ups
- 20 walking lunges – 10 each leg
- 10 dumbbell rows (*use a gallon milk jug or another weight*)
- 15 second plank
- 30 jumping jacks

After you've completed your workout, do some stretches. All of your muscles have been contracted from lifting and need to be stretched back out and rebuilt. For more fitness advice email the PT360 team, [PT360@LakeshoreSF.com](mailto:PT360@LakeshoreSF.com).

### **Back to School! Beware of Heavy Backpacks**

Lugging around a heavy backpack can feel like the weight of the world is on your shoulders if you only weigh sixty pounds. In school-age kids, carrying a loaded backpack or carrying it improperly can strain the muscles that stabilize the spine, leading to back pain. If your child grunts when picking up their pack, reports back pain, has red marks on their shoulders, or notices their fingers 'falling asleep', their backpack might be the culprit. Help your child prevent painful problems by following these guidelines:

- The weight of the backpack should be less than 10-15% of the child's body weight
- A backpack worn on both shoulders evens the load and is less stressful
- Choose a pack with well-padded shoulder straps

For more advice or for a free injury screen, please contact Lakeshore Physical Therapy at [Info@Lakeshore-PT.com](mailto:Info@Lakeshore-PT.com).

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