



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

The Roof is on Fire – Tonight – SOLD OUT

The Roof is on Fire Party is currently sold out. For those that RSVP'd, will have preferred entry from 5:30-6:15pm. At 6:15pm the entry will move to first come, first serve until capacity is reached and we will then move to a waitlist.

Rocking the Rooftop

Lakeshore's Got Talent

Tuesday, July 25th from 5:30-7:30pm

Join us on Tuesday, July 25th from 5:30-7:30pm for a fun night of rooftop Karaoke! Come show off your talents or watch others impress the crowd! 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>

4th of July Hours – 6am-3pm

LSF will be open from 6am-3pm on Tuesday, July 4th. For the holiday group fitness schedule, please visit www.LakeshoreSF.com or view the updated schedule on the MyLSF app. Press Kitchen will be open from 7am-2pm on Monday, July 3rd and will be closed on the 4th.

Daily Valuable Storage Available at the Front Desk

Beginning Monday, July 3rd, daily valuable locker storage will be available at the front desk. For just \$10/day, you can check your valuable items into a locker that is located behind the front desk. See the desk for more details.

Enjoy the Rooftop

Reminder, no Outside Food or Beverage Permitted

Stop by Press Kitchen and get food, a bucket of beer or wine to go to the roof! Enjoy relaxing on the rooftop. Just a reminder, that LSF does not permit outside food or beverage in any part of the club. Thank you.

Tennis Can Be a Pain in the Elbow

The days of the Agassi and McEnroe headbands have passed as more players are trending towards stylish elbow bands designed to lessen pain during performance. An estimated 50% of all tennis players will suffer from tennis elbow with players aged over 35 being particularly at risk. Tennis elbow is an overuse injury of the extensor muscles of the wrist, in which pain and tenderness are felt at the attachment of these muscles at the outer side of the elbow. The pain may radiate into the arm, wrist and fingers.

Is Physical Therapy Effective?

Physical therapy has long played an important role in the conservative treatment of tennis elbow. A randomized trial evaluating the effect of steroid injections, physical therapy and a wait-and-see policy concluded that steroid injections were significantly better than all other therapeutic options at 6 weeks. However, success rates at 52 weeks were 69% for injections, 91% for physical therapy and 83% for a wait-and see policy. These data suggest that although a wait-and-see may be somewhat effective, long-term results were best when physical therapy was utilized.

How Might Physical Therapy Help?

- Utilize manual therapy such as deep tissue massage and instrumented soft tissue mobilization to help regenerate healthy soft tissue and eliminate restrictions.
- Identify proper training loads and recovery to avoid overuse injuries.
- Instruct in proper warm-up or cool-down during sessions.
- Develop a training program to include stretching, strengthening, core stability, balance, and coordination.

If you suffer from lateral epicondylitis or any other orthopedic condition, contact Lakeshore Physical Therapy today! Lincoln Park 773-770-2419/ Illinois Center 312-801-8440.

Book Your Summer Rooftop Event Now!

10% OFF on New Events Booked Before August 1st

Summer is here - the best season in Chicago! Make the most of it with a great rooftop event at Lakeshore! 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.

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

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

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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