



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

5th Annual Lakeshore Showdown – Thurs, May 10th from 5:30-7:30p –FREE & FUN Team Building or Individual Competition Event!

Can you conquer the Warped Wall? Find out May 10th at the 5th Annual Lakeshore Showdown Whether you're competing or spectating, **enjoy a buffet and adults drinks compliments of Press Kitchen**. All fitness levels welcome and you can compete as an individual or on a team. The course will take approximately 3-5 minutes to complete and can be run multiple times with your best time being your prize qualifier. It is open to all fitness levels and there are options for the obstacles if you are unable to complete them so don't worry!



Register for **FREE** at https://ic_lakeshore_showdown_2018.eventbrite.com. For questions, contact ICEvents@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.

Invite Your Friends and Co-workers to an LSF Happy Hour!

Looking for a fun way to escape the craziness of the week and enjoy social time with friends and co-workers? Let the good times roll and book an LSF Happy Hour including stationed appetizers and 2-Hours of Open Bar Beer/Wine for \$25/person (15 person minimum). Semi-private space and upgrades available. Some restrictions apply.



Contact ICEvents@LakeshoreSF.com or 312-801-8421 to reserve event space for your corporate happy hour!

Self Defense Workshop – May 2nd, 5:30 – 7pm – All levels welcome!

This is the last week to register for the Self Defense Workshop on May 2nd. Take advantage now and join us in this 90-minute session – you will learn how to strategically strike an attacker to escape unsafe physical and sexual situations along with other important self-defense tactics. No experience required. Class meets in 211 Lounge/Table Tennis Studio. Join us afterward in Press Kitchen for "Wine Down Wednesday" specials!



To register, visit <https://selfdefenseseminar-lsf-ic.eventbrite.com> or email us at ICEvents@LakeshoreSF.com to sign up with and charge your LSF Account

Wine Down Wednesday – Every Wednesday!

Join us in Press Kitchen mid-week for a “wine-down” at the bar. \$5 glasses of select wine and \$5 Flatbreads all day every Wednesday. Bring your friends – non-members welcome!

Last week to take advantage of \$25 Off All Spa@IC Massages!

Massages taken through April 30th only, get **\$25 OFF** and de-stress with a 50, 80 or 110 minute Sport or Relaxation Massage. All massages include hot towel treatment, heated beds and aromatherapy. Warm up and relax with the Spa@IC. To book your appointment, email ICSpa@LakeshoreSF.com.



SPA lake shore lakeshore sf

Relax and enjoy the start of spring with **\$25 OFF** any massage for the entire month of April

Members	Non-Members
50 min = \$60	50 min = \$85
80 min = \$100	80 min = \$140
110 min = \$140	110 min = \$185

312.856.1111
ICSpa@LakeshoreSF.com
Offer expires 4/30/18

Join the LSF@IC Running Club – Registration open all season long!

The LSF Running Club is a social community of active lifestyle enthusiasts committed to being active together. Remaining active is at the core of what we do, and we welcome athletes of every type from walkers to veteran marathoners. The LSF Running club season runs April – November and registration is open all season long. One-time registration for the 8 month season is \$35, which includes a team running uniform, access to 16+ group training runs a month, discounted group rates to local races, and featured monthly discounts & perks for other LSF@IC services.



Register now or get more details by contacting our Social Programming Director, Luis Davila, at ICEvents@LakeshoreSF.com.

Memorial Day Hours: Monday, May 28th 6am – 3pm

Please make a note that Lakeshore Sport & Fitness – Illinois Center will have shortened hours on Monday, May 28th in observance of Memorial Day. Open hours will be 6am – 3pm that day. Please check the app for Group Fitness updates regarding class times throughout the entire weekend.

Check this off your bucket list? Skydive with LSF! No experience necessary!

Join us and other adventurous LSF members as we go out to the Chicago Skydive Center for a fun day trip that includes a tandem jump from 10,000ft. Please reserve both dates, June 9th and our rain date reservation of June 24th!

lake shore SF SATURDAY JUNE 9*
*Rain date June 24

\$299 Jumper Ticket **\$75** Co-pilot Ticket

Join us for a day of thrills and fun out at the Chicago Skydive Center and experience a tandem jump from 10,000ft. This "bucket list" trip includes:

- Breakfast at Press Kitchen before departure
- Shuttle service to Chicago Skydive Center
- A \$15 voucher for lunch on-site at CSC's Flight Deck Bar & Grill
- Adult beverages to enjoy on the trip back home
- "Rain Date" reservation of Sunday, June 26th (over both dates)
- Photo/Video add-on options available at CSC: <https://www.skydivecenter.com/news-photo-packages>

Register Here: https://sf-ic_skydivetrip.eventbrite.com
Questions: ICEvents@lakeshoreSF.com

the Sky is the Limit
LSF Sky Diving Trip

Register now at https://sf-ic_skydivetrip.eventbrite.com, or for more information, please contact our team at ICEvents@LakeshoreSF.com.

Renew Chicago Triathlon Team - LSF Registration Discount

Want to participate in the Chicago Triathlon on August 25th & 26th? Want to make a bigger impact by racing and training with a charity team? The Renew Chicago Triathlon Team has extended **\$10 OFF** registration with discount code, **Lakeshore18**. There is not a minimum fundraising requirement, but 100% of any money raised will directly impact local Chicago charity partners: Brave Initiatives, Safe Families for Children, and Breakthrough Urban Ministries!



To register, learn more, or donate now, please email our Social Programming Director, Luis Davila, at LuisD@LakeshoreSF.com or visit RenewChicago.DonorDrive.com.

Physical Therapy for Vertigo

Vertigo is the sensation of spinning; even when you are perfectly still you feel like you are moving or that the room is moving around you. There are a number of conditions that can lead to vertigo; inner ear disorders, migraines, tumors, head injuries or stroke. In most cases, the cause of vertigo involves the inner ear, part of the vestibular system. The vestibular system is a part of your body's balance system. It uses the organs of your inner ear to relate to your brain where your head and body are in space to keep your eyes focused and body stable. One of the most common causes of vertigo is Benign Paroxysmal Positional Vertigo (BPPV). BPPV is an inner ear disorder that produces short periods of spinning when your head is in a certain position. BPPV occurs when tiny crystals in your ear are dislodged and move into another part of the ear (semicircular canals) where they are not supposed to be. Physical therapy can be quite effective in treating BPPV. The physical therapist will conduct a series of positional tests to determine which inner ear is the culprit, and equally as important which of the six semicircular canals is involved and then guide you through a series of specific head motions or maneuvers to reposition the crystals within the inner ear and relieve the symptoms of vertigo. Oftentimes, patients are "fixed" after just one treatment. It is a very satisfying experience for both patient and therapist- you come in with a problem, you leave feeling back to normal. Successful rehabilitation also includes balance exercises to help strengthen your vestibular system.

Lakeshore Sport & Fitness is fortunate to have the experienced physical therapists of Lakeshore Physical Therapy on site at both locations. Click here for more information or to schedule an appointment: www.lakeshore-pt.com

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