

What's Happening in the Club!

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- 2019 Summer Basketball League Registration Now Open!
- Get Fit to Play with PT360!
- Add Your Children on to Your Account
- Climb Our 110-Foot Rock Wall!
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- LSF-IC Junior Squash Summer Camps Coming This Summer!
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- Wednesday Wine Down and Yoga at IC – Starts June 5th!
- Make the Most of Side Stepping!
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Skyline Grill Grand Opening May 29th!

You've all heard the whispers, and yes, they are true! On May 29, Skyline Grill will be officially open. Specialty cocktails and food prepared fresh daily from our kitchen, all located on the rooftop of the best fitness club in the Loop. Skyline Grill offers the perfect event space for Corporate, Family, or Friends to enjoy beautiful downtown views. Inquire at ICevents@LakeshoreSF.com for more information and stay tuned for more updates/events to come.

Join us at the **Skyline Grill**

starting May 29



**Rooftop
Kitchen
Lounge**

Full bar and classic healthy American fare.
Non-members welcome, but adults only during the week.

2019 Summer Basketball League Registration Now Open!

Enrollment for our 2019 Summer Basketball League is now open! We accept both team registrations, as well as individuals looking to be placed on a team. For more information or to register, please email ICBasketball@LakeshoreSF.com. League play will begin in June.

Get Fit to Play with PT360!

The Path Magazine just put out its list of the *Best Vacation Spots for the Traveler Looking to Stay Active*, and rounding out the Top 5 were: 1) The Grand Canyon, Arizona, 2) Kauai, Hawaii, 3) Anchorage, Alaska, 4) Machu Picchu, Peru, 5) Viti Levu, Fiji!

PT360 sees the value of vacation to your new fitness lifestyle. We want you to have fitness awareness even on vacation, but sometimes finding the right place to do that is tough. Finding it and then not being in shape for it is even worse! Address the mind & body in your fitness goals. The combination of the two are great! Email us at ICPT360@LakeshoreSF.com and let us help you “Get Fit to Play” on your vacation!

Add Your Children on to Your Account Today!

As the Lakeshore East Community is changing so are our offerings here at LSF. Your children now have all day access on weekends, and we are offering children’s programming. If your child is under 3 they are considered a part of your membership or if you already have unlimited childcare on your account. If your child is between 3 -17 you can now add them to your account rather than paying \$10 per visit. Please contact ICMembership@LakeshoreSF.com for details.

Climb Our 110-Foot Rock Wall!

Book a Rock-Climbing outing on the tallest indoor wall in the U.S.A.! We offer experiences for both small and large groups, as well as individuals learning to climb. Our rock-wall provides an exciting activity for: Corporate Team-Building, Birthday Parties, Group Outings, or Beginners Learning to Climb! Our manual belay system allows for a great team-building experience, even for those who find the wall too daunting. We offer food and beverage packages to enhance the event. Rooftop patio space available for post-activity Happy Hour! For more information, or to book your event, please contact ICEvents@LakeshoreSF.com.



Limited Time Offer: Come Climb with a Friend at Member Rates!

Did you know that climbing is a very social activity? What better way to enjoy a unique form of mental and physical activity than with someone you know? For a limited time, we are inviting our members to share the experience of climbing the tallest indoor health club wall in the US with a friend and/or family member at our member rates. We will also include a two-week membership for them to check out the club and climb with you some more! We do make it easy with an **\$35 Orientation** for beginners and advanced beginners that includes your shoes and harness. For the more experienced climber, we offer a **\$20 Belay Check** (+\$5 rental for harness and helmet each if needed).

Ready to book your reservation or have more questions? Please email:

Climbing@LakeshoreSF.com. Please give us your friend's name and contact information. We can take care of the rest. Looking forward to seeing you on the wall!

Private Rooftop Happy Hours!

Patio season is upon us in downtown Chicago! Book your private happy hour on our beautiful, spacious rooftop patio. In addition to the amazing views and summer breeze, we offer exquisite food and beverage packages courtesy of our Skyline Grill and Press Kitchen restaurants! We cater to groups of all sizes, from 15 to 300+. Ask about our \$25/person Happy Hour Menu Package! Let LSF host your company's next outing. For more information, or to book an outing, please contact ICEvents@LakeshoreSF.com.



LSF-IC Junior Squash Summer Camps Coming This Summer!

Do your children want to step up their squash game? Lakeshore Sport & Fitness – Illinois Center is offering five weeks of squash camps for juniors of all ages and skill. Camps will be held at 211 N Stetson Ave.

Week 1: June 10th – 14th | **Week 2:** June 24th – 28th | **Week 3:** July 15th – 19th

Week 4: August 19th – 23rd | **Week 5:** August 26th – 30th

Training times will be 9am – 1pm, and camp fees are \$500/kid/weekly session. Lunch is included each day of training! There is space for 12 participants per week, so register now by contacting **Luis Sanchez** at LuisS@LakeshoreSF.com or 312-801-8432.

Did you forget about Mother's Day? The Spa@IC has you covered!

Mother's Day was last weekend, and we all know someone that may have forgotten this special day. No worries, we've got you covered! Take advantage of our Mother's Day Spa promotion and plan the perfect day by giving her a little "Mom Time" and a

massage from the Spa@IC! All massages will be **\$25 OFF through May 17th**! Wondering what to do with the little ones while mom takes a break, childcare will be available and **FREE** to anyone booked for a Mother's Day massage. Members and guests welcome!

The Spa@IC offers Relaxation, Sport, and CBD Oil Rejuvenation Massages! Enjoy the steam room, sauna, or whirlpool before or after your massage! For more information, pricing, and to book your massage now, logon to the MyLSF App, visit our Front Desk, or email us at ICSpa@LakeshoreSF.com.

Wednesday Wine Down and Yoga at IC – Starts June 5th!

LSF Illinois Center is proud to present Wednesday Wine Down! For the first time at our beautiful downtown location enjoy our weekly sunset rooftop yoga class with Halle Miroglotta. Members will enjoy a complimentary glass of wine afterward, \$5 for guests! Enjoy a recharging, empowering hour long VinyasaFLOW yoga class with breathtaking skyline views, and then mingle with members and guests and relax over wine at our fabulous rooftop bar, restaurant and pool.

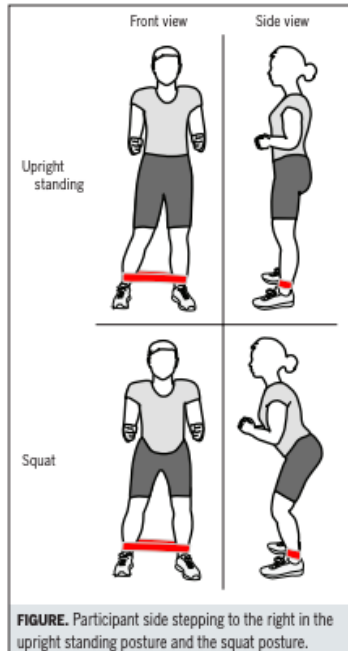
Every Wednesday at 6:30pm starting June 5th.

Make the Most of Side Stepping!

Weakness of the hip abductors is quite common and often present with hip impingement, iliotibial band syndrome, patellofemoral syndrome and chronic ankle sprains. One popular hip abductor strengthening exercise is side stepping with a resistive band. It is important to note that muscle activity of the gluteus medius (gathered via electromyograph) is higher in the squat posture compared to the upright posture. The muscle activity is also higher in the stance leg than the moving leg.

When performing the exercise, try to squat and maintain the squat position while side stepping for the best glute workout. View the full research article here:

<https://www.jospt.org/doi/pdf/10.2519/jospt.2015.5888>.



For additional information about Lakeshore Physical Therapy, take a moment to visit our website at: <https://lakeshore-pt.com/>.

Smoothie Specials at Press Kitchen!

Life is all about a healthy balance. Be healthy, but also live a little! Add a shot of any liquor to your smoothie from our full bar at Press Kitchen. Just pay for the shot of liquor on top of your smoothie, or try two of our newest smoothie creations:

Power of Java Smoothie (320 cal, 32g protein)

Ingredients: coffee, almond milk, coffee grounds, peanut butter, banana, vanilla extract, chocolate protein powder.

Peach Mango Protein Smoothie (280 cal, 26g protein)

Ingredients: Orange Juice, peach, mango, cinnamon, greek yogurt, vanilla protein.