



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

“LOSE 2 WIN” – Registration Going on Now!

Did you make a New Year's Resolution? Do you have a weight loss goal? Do you need a plan and a support team? If so, then “Lose 2 Win” is just for you!

What is “Lose 2 Win?” It's an inspiring, motivating and fun 8 week program designed to help you meet your fitness/weight loss goals. Whether it's to lose weight or get more fit, the “Lose 2 Win” program is an effective, excuse proof and fun way to lose weight and get the results you desire before heading off to spring break. “Lose 2 Win” offers each member built in accountability, nutrition education, personal training and small group training. Top winners in both male and female categories get \$1,000! And don't forget the life-changing results you can get in a short 8 week period of time – our winner in Pound 4 Pound lost over 35 pounds in just 7 weeks!

Program Starts January 29th

For \$299, each participant receives the following:

- One 30 minute private consultation with a fitness professional to set your goal and 8-week plan
- Three (3) private personal training sessions 60 minutes each
- Weekly small group training sessions and progress reports
- Discounts on personal training, nutrition coaching and massage
- Post contest awards ceremony and cocktail party
- For questions, more information or to sign up contact ICPT360@LakeshoreSF.com

Open Houses and Lunch on Us – Every Wednesday in January

As January is one of the biggest times for people to get excited about health and fitness, LSF will be hosting weekly "open houses" for members and guests to connect with our team. Come see what health and fitness services you can take advantage of, and learn about the benefits of your membership! These Open Houses will be held on:

Wednesday, January 10th, 17th and 24th from 11:30am-1:30pm

The open houses are held in Press Kitchen and feature:

- A complimentary healthy bites lunch buffet along with smoothie samples
- Injury Screens with Lakeshore Physical Therapy
- Chair Massages
- InBody Screens with our Personal Training Team
- Group tours and professionals on hand to answer questions about health, fitness and nutrition

Save the dates... bring a guest... and join us!

Discounted Young Adult Personal Training – Get Fit for 2018

It's 2018, and time to get in your best shape yet! Let our amazing Personal Training Team get you going and ready to tackle whatever the future holds. To schedule a complimentary 30 minute consultation and to learn more about Discounted Young Adult Personal Training for those under 30, contact ICPT360@LakeshoreSF.com



30% of SPA@IC Services through 1/12/18

Our little way of saying Happy New Year! Through next Friday only we're offering 30% off all Spa@IC services. Come in now and get 2018 started right with a Sport or Relaxation Massage. Contact ICSpa@LakeshoreSF.com

Climbing Wall Open House: Wednesday, January 24th – 6-9pm

From beginner to experienced climbers - everyone is welcome to our "Get to the Top" Climbing Wall Open House & Mixer. Join us Wednesday, January 24th from 6-9pm for a challenging evening of climbing on the tallest indoor rock wall in the country! Wouldn't you rather have a unique exercise experience with a friend? Either bring one or meet new ones. Climbing is more fun with friends.



The fee is \$10 for members and \$15 for non-members. This includes all rental equipment, instruction, plenty of climb-time and refreshments. RSVP to Climbing@LakeshoreSF.com. Register early. Space is limited.

Self Defense Seminar – Thursday January 25th, 2018 at 5:30pm

Join us as a Tang Soo Do black belt, Instructor Christina Biancamano, takes us through a 90 minute, basic self-defense workshop. You'll learn how to empower yourself in real world scenarios after getting hands on practice covering several techniques including vocalization, striking, choke releases, weapons defense, and leveraging your environment to your advantage.



Register now for \$49 at <https://selfdefenseseminar-lsf-ic.eventbrite.com> or contact ICEvents@LakeshoreSF.com for more information.

Loop readers can use discount code “LOOP” for \$10 off this event!

Winter Ski & Snowboard Retreat – Saturday February 10th, 2018

Join us and other LSF Members for a fun day of skiing or snowboarding as we take a short trip north on the LSF Express to Wilmot Mountain. Take a day to enjoy being active in a winter wonderland nestled only 1.5 hours north of LSF@IC on the Wisconsin border. Register by visiting https://lsf_ic-winterski retreat.eventbrite.com or for more information email

ICEvents@LakeshoreSF.com



Private Event Golf Outing

After hitting the slopes, why not keep your backswing perfected during these cold winter months. Our state-of-the-art HD Golf Simulator is available for private groups or for \$35 for individual, standard member rental per hour. Our space can host groups of all sizes. The Golf Simulator allows for groups to play competitive rounds at Pebble Beach, or engage in fun driving contests, mini golf, closest-to-the-pin and many more games! Packages available to include catering/drinks from Press Kitchen. To book your next golf outing, contact

ICEvents@LakeshoreSF.com

Indoor Triathlon & Brunch– February 24th, 2018

Swim, Bike, and Run your way to achieving your New Year's resolution during our Indoor Triathlon – Miles and Mimosas event. Challenge yourself in these three disciplines, and then treat yourself with a delicious brunch and complimentary mimosa!



For details or to register: www.indoortriandbrunch-milesandmimosas.eventbrite.com

Questions or interested in training for the event: ICEvents@LakeshoreSF.com

Swim Lessons

LSF is proud to offer private swim lessons for swimmers of all skill sets. Whether you have never swam before or are training for an up-coming Triathlon, we have instructors to customize training sessions. Swim lessons are available for both adults and children. For more information on lessons, pricing and available, please contact

Start 2018 Injury Free

Returning to the gym is one of the most common New Year's resolutions each year. Lakeshore Physical Therapy wants to remind you to stay safe and avoid some of the common return-to-exercise injuries. The clinic offers complimentary injury screenings with an experienced orthopedic physical therapist. During the assessment, you will have the chance to meet with a P.T. who will perform specific manual tests based on your injury. The physical therapist will offer tips to improve any deficits and provide recommendations for a safe recovery.

Please call either of our locations to schedule an appointment: Illinois Center 312-801-8440, Lincoln Park 773-770-2419. www.lakeshore-pt.com

Did you know we offer convenient upgrades to your membership?

Convenience is key. We offer everything to make your workout easier! Ranging from secure day storage for valuables, kit locker, laundry, golf club and bike storage, scooter parking and more. Contact your Account Manager for more details.

Why do I need to strength train to get lean?

Changes in body composition, that is, reducing total body fat is largely determined by the amount of lean muscle tissue we carry. Muscle tissue is a metabolic calorie burning tissue, fat tissue is not. A primal physiologic objective of your body is to store excess calories as fat for the impending "famine". Caloric restriction or increased output to create a deficit through cardio will lead to weight loss. However, the type of weight loss is important. Your body will cannibalize lean tissue BEFORE fat storage as an easier alternative and preserve emergency fat storage. Strength training 2-3 times per week for 45-60 minutes will force the body to preserve this all important tissue and keep your metabolic rate inherently higher.

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