



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

LSF@IC Running Club – Runs start this week!

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 launches this week and goes into November. 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.



5th Annual Lakeshore Showdown – Thurs, May 10th from 5:30-7:30pm, fun, FREE, team building or individual competition event!

LSF is taking the Showdown to a whole new level to celebrate 5 years of obstacles, battle and bragging rights! Join us for the **5th Annual Lakeshore Showdown – American Ninja Warrior Edition**. Check out our new additions to the course including the infamous Warped Wall! 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. Prizes awarded to top three individual times for both male and female categories. Team prizes awarded for largest team, fastest average time and largest cheering section. **Buffet and adult beverages included compliments of Press Kitchen for all participants and spectators.** FREE registration at https://ic_lakeshore_showdown_2018.eventbrite.com. For questions, contact ICEvents@LakeshoreSF.com.



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!

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



All Massages - \$25 off in April. Warm up with the Spa@IC

De-stress and escape this extended winter weather with a 50, 80 or 110 minute massage. All massages include hot towel treatment, heated beds and aroma therapy. Warm up and relax with the Spa@IC. To book your appointment, email ICSpa@LakeshoreSF.com.

Fuel Your Goals with Our Bowls - #BowlandGoals at Press Kitchen

Have you enjoyed one of the new Signature Bowl options at Press Kitchen? Or, have you created your own bowl that perfectly fits your taste? We want you to tell us about it! Be sure to use **#BowlsandGoals** the next time you snap that perfect Instagram shot of your breakfast, lunch, or dinner bowl! In the month of April, snap a picture of your favorite bowl, leave a comment, and tag our social media pages... at the end of the month we'll select a some lucky winners to enjoy a Bowl on LSF!



Masters Tournament Viewing Party Raffle Results

Thanks to all those who enjoyed the tradition of the Masters with LSF during our Masters Tournament Viewing Party last Thursday and Friday. Patrick Reed may be wearing the green jacket, but several LSF members also won some sweet prizes. Congratulations to the following raffle and competition winners:

- Scott Devine, Longest Drive: 299.3 yards (Foursome Golf Package at Harborside)
- Fred Schuler, Closest to the Pin: 3.3 feet (1 Hour Lesson with Golf Pro William Smith)
- Daniel Flatley, picked Patrick Reed as Masters Champ (80 minute massage)

Nineteen other members drew a golfer's name who was under par for the tournament and will be emailed with pick up details for their Complimentary Press Kitchen Entrée.

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.

Self Defense Workshop – May 2nd, 5:30 – 7pm

You deserve to feel safe and empowered. Join us as we take you through real world scenarios in this hands-on instructional experience. 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. All levels welcome - 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

Register for “Lunch Box” now... while space is still available!

Boxing is an excellent form of cardio that incinerates fat and uses upper body, lower body, and core muscles. Perfect for the time-crunched lunch time workout, \$329 gets you six 30 minute boxing focused one-on-one sessions that include LUNCH – a delicious and nutritious bowl from the new menu at Press Kitchen!

What are you waiting for? Sign up now by contacting ICPT360@LakeshoreSF.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.

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

Discounted Young Adult Personal Training – Get Fit for the Summer!

Is it already the end of March? Now is the 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, contact ICPT360@LakeshoreSF.com



Handy Info for Hands-On Physical Therapy

At Lakeshore Physical Therapy, we pride ourselves in providing patients with “hands-on” treatment, but what does that exactly mean? Physical therapists are experts in human anatomy and movement. We are highly trained in manual techniques that promote quicker healing and rehabilitation. Manual therapy includes techniques such as joint mobilization and range of motion, specific massage/tissue manipulation, manual traction, and manual graded resistive exercises. These techniques help P.T.’s identify asymmetry in tissues as well as promote normalized movement of joints and structures. There are some misconceptions about physical therapy and the techniques performed by licensed physical therapists. Some think that hands-on PT means general massage. This isn’t exactly true. We perform different types of soft tissue manipulation but do so for a particular goal in mind

that is different from relaxation. For instance, cross friction massage can break up scar tissue and promote blood flow to facilitate healing, retrograde massage to help reduce swelling through the lymphatic system, and ischemic compression and deep tissue massage to help relax muscles that are in spasm. All manual therapy treatment is followed up with proper strengthening, stretching, and home exercise programs for optimal recovery.

If you feel manual techniques can be helpful for you, please contact us at:

773-770-2419 (Lincoln Park) and 312-801-8440 (Illinois Center).

Try the Schwinn Quick Fit during your next LSF Group Cycling Class

Have you always wanted to take one of LSF's group cycle classes like "Cycle to the Beat" on Thursday nights, but just aren't comfortable in the saddle? You can ask any of our instructors how to help properly fit your bike, but you can also try the Schwinn Quick Fit by following these easy steps:

- Adjust the seat and handlebar fore/aft adjustments to the neutral (0) position
- Standing next to the bike, adjust the seat height even with the hip bone
- Adjust the handlebar height even with (or slightly higher than) the seat height
- Enjoy your ride!

For more information on Cycle to the Beat or any of our amazing classes, contact

ICGroupFitness@LakeshoreSF.com.

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