



# LSF LOOP

What's **New** and **News** at Lakeshore SF



## What's Happening in the Club!

- **Lakeshore East Summer Social on July 31<sup>st</sup> - Come Join the Fun!**
- **Fitmetrix Coming Soon to LSF-IC Cycling Studio!**
- **Wednesday Wine Down and Yoga at IC – Every Wednesday Afternoon!**
- **SKYLINE GRILL: Your Favorite After Work Rooftop Bar & Grill!**
- **Private Rooftop Happy Hours!**
- **IC PT360 Fitness Consultation - Get Yours Now!**
- **Did You Know We Offer Convenient Upgrades to Your Membership?**
- **Add Your Children on to Your Account**
- **Make the Most of Side Stepping with Lakeshore Physical Therapy!**

### **Lakeshore East Summer Social on July 31<sup>st</sup> - Come Join the Fun!**

Meet your neighbors & coworkers for a fun evening at Lakeshore Sport & Fitness's beautiful rooftop featuring food from Skyline Grill. Guests who live or work in the area are welcome and will enjoy a FREE drink! More details available on the Lakeshore Sport & Fitness – Illinois Center Facebook page, or contact [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com) for more information!



**Fitmetrix Coming Soon to LSF-IC Cycling Studio!**

Lakeshore Sport & Fitness has the best cycling instructors and classes in Chicago – and now they’re about to get even better! Fitmetrix is coming to LSF-IC. This new technology will allow cycling enthusiasts to keep statistics from their favorite classes, follow the in-class leaderboards, reserve their favorite bike, participate in games & competitions, and so much more!



In order to take advantage of these amazing features, members will need to register at the

link below! If you have any questions or need help getting setup, please contact our Assistant General Manager at [LuisD@LakeshoreSF.com](mailto:LuisD@LakeshoreSF.com)  
[LakeshoreSF Fitmetrix Registration](#)

### **Wednesday Wine Down and Yoga at IC – Every Wednesday Afternoon!**

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.



Class will **NOT** be held on **Wednesday, July 31<sup>st</sup>** – come join us on the rooftop for the **Lakeshore East Summer Social!**

**SKYLINE GRILL: Your Favorite After Work Bar & Grill!!**

LSF Members & Guests can't get enough of our specialty cocktails and food prepared fresh daily at Skyline Grill! Skyline Grill is open for lunch on weekdays between 12pm – 2pm and for happy hour and dinner service that resumes from 4pm – 8:30pm! Since Skyline Grill is open to the public, it is quickly becoming the neighborhoods favorite afterwork place to eat, drink, and chill!

Skyline Grill also serves brunch on weekends between 10:30am – 3pm! Come see what all the chatter is all about and follow us on Facebook or Instagram to keep updated on any closures due to private events or weather.

Skyline Grill offers the perfect event space for Corporate, Family, or Friends to enjoy beautiful downtown views. Inquire at [ICEvents@lakeshoresf.com](mailto:ICEvents@lakeshoresf.com) for more information and stay tuned for more updates/events to come.

### 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](mailto:ICEvents@LakeshoreSF.com).

**lake shore SF**  
ILLINOIS CENTER

# HAPPY HOUR

## MENU PACKAGE

**INCLUDES:** Choice of Appetizer Stations:  
2 Hr Open Bar Beer & Wine

- Slider (beef, pulled pork or turkey club)
- Flatbreads (pepperoni, buffalo chicken or margherita)
- Taco Bar (chips & salsa, chicken tinga or al pastor pork and all the fixings) \$5 extra per person

**\$25 per person\***

\*Minimum party of 20 people

Contact David Klein at 312.801.8421 or [ICEvents@LakeshoreSF.com](mailto:ICEvents@LakeshoreSF.com) to reserve event space for your corporate happy hour!

\*\*Booking available between 4-7pm, weekdays excluding Thursday. Price excludes 11.5% tax & 22% service charge. Semi-Private space. Venue fee may apply. Menu upgrades available. Subject to availability. Restrictions may apply\*

### IC PT360 Fitness Consultation - Get Yours Now!

As a member at Lakeshore Sport & Fitness, you have access to several great services. One of these services is a one-time, complimentary, fitness consultation. This includes:

- A conversation to better understand your fitness goals

- A step on our InBody scale to measure muscle mass and body fat, track progress, and see real results
- A quick movement screening to check form and ensure that your movement is at or close to 100% efficiency
- A cardiac output test to measure cardiovascular fitness levels

The consultation is scheduled for 60 minutes with one of our certified and experienced Personal Trainers that is matched with you based on your preferences, fitness background, and availability. After the consultation, you and your trainer can schedule a complimentary 60-minute workout, individually crafted and catered to your needs, interests, and goals. Taking advantage of these services can be an excellent way to begin (or continue) getting into the best shape possible, learn new exercises or modalities to switch up your workout routine, and make sure you're getting the most out of your membership. Reach out to [ICPT360@LakeshoreSF.com](mailto:ICPT360@LakeshoreSF.com) to schedule your complimentary fitness consultation today!

### **Did You Know We Offer Convenient Upgrades to Your Membership?**

Convenience is key, and LSF-IC is a great home base for all your "Summer in Chicago" activities. We offer everything to make your workouts and summer easier! Ranging from secure day storage for valuables, kit locker, laundry, golf club and bike storage, scooter parking and more! Contact your Account Manager at [ICMembership@LakeshoreSF.com](mailto:ICMembership@LakeshoreSF.com) for more details.

### **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](mailto:icmembership@lakeshoresf.com) for details.

### **Make the Most of Side Stepping with Lakeshore Physical Therapy!**

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/>

---

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Lakeshore Sport & Fitness  
1320 W. Fullerton  
Chicago, Illinois 60614  
US

[Read](#) the VerticalResponse marketing policy.

**vertical  
response**  
A DELUXE COMPANY  
Free Email Marketing >>