



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

- Fitmetrix Coming Soon to LSF-IC Cycling Studio!
- Wednesday Wine Down and Yoga at IC – Every Wednesday Afternoon!
- Lakeshore Sport & Fitness: Proud to Run's #1 Sponsor!
- SKYLINE GRILL: Your Favorite After Work Rooftop Bar & Grill!
- Private Rooftop Happy Hours!
- Did You Know We Offer Convenient Upgrades to Your Membership?
- Be Summer Ready with LSF's Boxing Boot Camp!
- Add Your Children on to Your Account
- Skip the Script with Lakeshore Physical Therapy!

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
[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. **Every Wednesday at 6:30pm** – all summer long!



Lakeshore Sport & Fitness: Proud to Run's #1 Sponsor!

For the second year running, Lakeshore Sport & Fitness was Proud to Run's favorite


sponsor! Thanks to everyone who came out to support the runners on June 29th, 2019, and congratulations to all the participants!



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 after work place eat, drink, and chill!

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.

The complex block features a promotional banner for Skyline Grill. At the top, an orange bar contains the text "Join us at the Skyline Grill" in white and black, with "starting May 29" in white to the right. Below this is a photograph of the restaurant's rooftop lounge, which is furnished with light-colored sofas, tables, and chairs, and shaded by large orange umbrellas. To the right of the photo, the words "Rooftop Kitchen Lounge" are written in a large, bold, orange font. At the bottom, a black bar contains the text "Full bar and classic healthy American fare. Non-members welcome, but adults only during the week." in white.

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 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.

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 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*

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 for more details.

Be Summer Ready with LSF’s Boxing Boot Camp!

Summer is here; are you ready for it? If you’re looking for some added intensity for your workouts, boxing boot camp is the answer. Join us every Tuesday evening at 5:30pm near the basketball court. \$45 gets you a 60-minute workout complete with 1-1 boxing, ViPR logs, kettle bells, and other modalities, all in a small-group environment for extra focus and

attention to form. Use our InBody scale to track progress and see real results. Space is limited, so reach out to NickS@LakeshoreSF.com today!

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.

Skip the Script with Lakeshore Physical Therapy!

Did you know that you no longer need a referral for physical therapy? As of August 2018, our Illinois state law allows patients to directly schedule a physical therapy appointment without having to see their doctor first. This will save you valuable time and money on your road to recovery. If you are experiencing limitations in mobility, pain with your regular activities, or an injury preventing you from continuing your daily routine, call to schedule an evaluation with one of our experienced orthopedic specialists today!

Lincoln Park: 773-770-2419. Illinois Center: 312-801-8440. No need to wait! #GetPT1st

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