



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

- Laughs & Drafts – Doors Open This Friday (9/20) at 7pm!
- Rooftop Trivia Night – September 25th!
- October 2nd Group Fitness Extravaganza and Month-Long Challenge!
- Children's Group Climbing Classes
- Per4mance Cycling – Register for Fitmetrix Now!
- Wednesday Wine Down and Yoga at IC – Every Wednesday Afternoon!
- Fall Basketball League – Registration Now Open!
- Improve Your Game this 2019-2020 Squash Season!
- Private Rooftop Happy Hours!
- Lakeshore Physical Therapy – What is Your Core?

Laughs & Drafts – Doors Open This Friday (9/20) at 7pm!

Join LSF on Friday, September 20th for a LIVE stand-up comedy set and sampling of our NEW Press Kitchen Menu at our 1st Annual Laughs & Drafts. Doors open at a 7pm, show starts at 8pm!

Host – **Anthony Bonazzo** (Stand Up NBC – Semi Finalist)

Guest – **Diana Ortiz** (Lincoln Lodge Cast Member)

Feature – **Jeanie Doogan** (Zanies, Laugh Factory, Comedy Bar Regular)

Headlines – **Adam Burke** (NPR Wait Wait Don't Tell Me Panelist)

What would a night of comedy be without a few cold ones? Join us and get \$3.12 Goose Island 312 cans all evening long! To learn more or to register, email SeanH@LakeshoreSF.com.

Rooftop Trivia Night – September 25th!

Join us on Wednesday, September 25th for trivia on our beautiful rooftop. Skyline Grill will be open for all your food and drink needs. Come put all your useless knowledge to the test! Trivia will be open to both members and non-members, so bring your friends and colleagues to this fun event! For more information, or to register, please contact ICEvents@LakeshoreSF.com.

SEP 25 Register at 4:45pm
Trivia at 5:30pm

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Join us for Trivia Night on the rooftop! Bring your friends and coworkers to this complimentary event.

\$5 beers, \$7 house wine and \$8 mixed drinks; full food menu available.

Non-members welcome!

Register your team at ICEvents@LakeshoreSF.com

October 2nd Group Fitness Extravaganza and Month-Long Challenge!

This October we're turning it up another notch! Join us at 5:30pm on October 2nd to experience a showcase of new LSF formats (Diesel Upper, Yoga Sculpt, DEFCON, Dirty 30s) set to a live DJ. Each class will be 15 minutes and you get a free glass of wine after in Press Kitchen.

Every class you attend for the month of October will earn you a free raffle ticket, prizes will include \$200 gift card to Lululemon, Amazon, Lettuce Entertain You, Bose In-Ear Sport Headphones, or Blackhawks Tickets!

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Group Fitness
October Challenge

Children's Group Climbing Classes

Have your children learn one of the most unique and challenging activities. Climbing is one of the fastest growing sports in the United States. It is also one of the most complete and safest forms of exercise you can find. This program promotes a social activity that can also be mentally challenging. Enroll your child or children in our Children's Group Climbing Classes. Here are the details:

- Saturday or Sunday - 10 AM to 11:30 AM

- Fall Session Dates: Four Weeks - October 5th through October 27th
- Ages: 6 – 12 years old
- Member Price: \$129, Non-Member Price: \$189
- Classes include: Rental equipment (harness and shoes) – Instruction, members receive additional climb-time after the class if wall space permits. Class-size is limited to six students. Parents must be on-site.
- \$50 Reservation Deposit required to guarantee a spot in the class



Ready to enroll? Contact Program Coordinator: Bob Good – 847-226-8382 or BobG@LakeshoreSF.com.



Per4mance Cycling – Register for Fitmetrix Now!

Have you been wondering what those TVs are for in the Cycling Studio? Well, the results are in and members are in love with the new Fitmetrix Leaderboards that have been active during Per4mance Cycling classes over the last several weeks!

If you've taken a "saddle" in one of these classes, then you know how much the leaderboards drive and push you to achieve your very best throughout the class. However, there is much more programming available through Fitmetrix. Register now ([LakeshoreSF Fitmetrix Registration](#)) and you'll have access to keep statistics from your favorite classes, follow the in-class leaderboards, reserve your favorite bike, participate in games & competitions, and so much more! If you have any questions or need help getting setup, please contact our Assistant General Manager at LuisD@LakeshoreSF.com.

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.



Fall Basketball League – Registration Now Open!

Basketball season is right around the corner! Bring your basketball talents to the LSF Fall Basketball League set to begin in September. We have spots available for full teams, as well as any individuals interested in playing on a free agent team. Team spots are limited, so sign up early to ensure your spot! For more information and registration, please contact ICBasketball@LakeshoreSF.com.

Improve Your Game this 2019-2020 Squash Season!

Lakeshore Sport & Fitness – Illinois Center offers several ways to improve your squash game this season. Come check out some of our new programs:

- Looking to improve your game and your skill level is a 2.5 to 3.5? A training clinic has been set up for each Tuesday at 6:30 to 7:30 for four (4) players to work on their game.
- Squash BOX league is starting this September. If you are interested in having a squash match against players at your skill level each week, now is the time to sign up for the box league!
- Junior Squash group training sessions are set for Tuesdays at 5:30pm to 6:30pm and Saturdays at 2:00pm to 3:30pm. Get those youngsters active with a fun sport they'll love forever!

For any squash related questions or to register for a program, please reach out to Luis Sanchez by emailing LuisS@LakeshoreSF.com.

Private Rooftop Happy Hours!

Come soak up the final month of rooftop season! 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.

Lakeshore Physical Therapy – What is Your Core?

We always hear about “core strength” but what does this really mean? People often have

the perception that the core is only made up of your abdominal muscles. It is actually the sturdy link in a chain connecting your upper and lower body. By working on pure rectus abdominis strength (sit ups, for example) you are not really working on core strength and could potentially even add stress to your spine. The core has three-dimensional depth and functional movement in all three planes. In addition to the superficial rectus abdominis and gluteals, the core also includes deeper muscles (transversus abdominis, multifidus, obliques, diaphragm and pelvic floor). These muscles all work together as a stabilizer unit and force transfer center, rather than a prime mover. We can start to achieve core stability in static movements (plank) then progress to more dynamic patterns (single leg dead lift). Bridging is a common core stabilization exercise that can be modified from very basic to advanced. Keeping the body's stabilizer muscles strong will not only improve your athletic performance, but it will help in life's everyday tasks. Bending, reaching and twisting are movements we do daily and without adequate stability of the core, issues such as low back, hip or knee pain can occur. If you have any questions about your strength or core stability, please contact Lakeshore Physical Therapy or visit our website to learn more about our services at www.lakeshore-pt.com. Illinois Center: 312- 801-8440, Lincoln Park: 773-770-2419

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