



LSF LOOP

What's New and News at Lakeshore SF



What's Happening in the Club!

- **Fall Hours at SKYLINE GRILL!**
- **End of Summer Pool Party – September 13th!**
- **Rooftop Trivia Night – September 25th!**
- **Join Lakeshore Sport & Fitness at the Magellan Rewards Festival!**
- **New Group Fitness Classes and More Fall Fun Coming Your Way!**
- **Group Fitness Extravaganza – October 2nd at 5:30pm!**
- **Per4mance Cycling – Register for Fitmetrix Now!**
- **Wednesday Wine Down and Yoga at IC – Every Wednesday Afternoon!**
- **Fall Basketball League – Registration Now Open!**
- **Private Rooftop Happy Hours!**
- **IC PT360 Fitness Consultation - Get Yours Now!**
- **Pre and Postpartum Care at Lakeshore Physical Therapy**

Fall Hours at Skyline Grill!

Your favorite after work, rooftop bar and grill will remain open into the fall with new hours starting after Labor Day. Skyline Grill will be open for dinner service Wednesdays – Fridays from 4pm to close. Join us in Press Kitchen for breakfast and lunch service throughout the week and for dinner service on Mondays and Tuesdays!

New Press Kitchen menu items coming soon – stay tuned!

End of Summer Pool Party – September 13th!

Skyline Grill will be hosting an End of Summer Pool Party on Friday, September 13th from 4pm – 9pm! Join us for this fun-filled FREE event with giveaways, raffles, yard games, a cash bar, and of course our LSF Rooftop Pool! Featured vendors will be Lakeshore Beverage, Sweetwater Brewery, Mi Campo Tequila, Southern Glazier, and more. You won't want to miss out on this last chance for a summer bash! For more information, or to register, please contact ICEvents@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.

Join Lakeshore Sport & Fitness at the Magellan Rewards Festival!

Looking for something fun to do on Saturday, September 7th? Come out to the Magellan Rewards Festival in The Park at Lakeshore East and join us in some and outdoor Zumba class at 12pm or an outdoor Yoga class at 12:30pm. Be sure to swing by the Lakeshore Sport & Fitness tent before or after your class for a bowl sample from Press Kitchen and more fun giveaways!



New Group Fitness Classes and More Fall Fun Coming Your Way!

Here at LSF our goal is to help make working out more fun and motivating. That's why we've added 4 new classes, 3 new instructors, as well as different times to our already robust schedule. Also, in October we are going to hold a Group Fitness Xtravaganza one evening, so email MarceloE@lakeshoresf.com to be updated with more details. As far as new classes here's a brief description, but the best way to learn is try one out!

DEFCON – Defined conditioning, based off of the armed forces defense readiness conditioning system. (*Thursdays nights with Jenn Hogg 5:45 - 6:30pm*)

Diesel Body – A total body course focusing on lifting with a core component, and short rest periods.

ABSolution – The perfect 1/2 hour for all levels trying to work on core strength, it's probably missing from most routines.

BRICKland – A back and forth battle between the treadmill and bike, great for endurance athletes or anyone that loves cardio. (*Wednesday Mornings 6:15 - 7am with Ed Dailey*)

Group Fitness Extravaganza!

Don't miss out on utilizing our group fitness programming- it's one of the biggest benefits of being a member. We've recently launched all new class formats as well as added some amazing new instructors to our already talented team. October 2nd we will be holding our 1st annual Group Fitness Extravaganza featuring 4 classes, 15 minutes each, with a DJ playing live to increase the energy. The event will be held at 5:30pm and will feature a line of Yoga Sculpt, Diesel Body, Def Con and Dirty Thirty with some of our top talents whose bios are featured below. To reserve space for yourself or a guest please RSVP

ICevents@LakeshoreSF.com.

Julian Hester

USA Nationally Ranked Swimmer, WSI, CPO certifications.

Yoga Sculpt instructor and Swim Coach with Lakeshore Sport and Fitness; trained in Iyengar and Vinyasa disciplines with Gabriel Halpern of Yoga Circle. Julian deals with fitness as a stage on which we get to celebrate the capabilities our bodies have, the surprises, the challenges, the discipline, and brings a lifetime of performing artistically and passionately, and a swimmer's focus and calm to the craft and pursuit of fitness.

Marcelo Ehrhardt

Group Fitness Director for both Illinois Center and Lincoln Park LSF locations.

He is considered one of the premier leaders in the Fitness Industry with his work featured in media outlets like The Today Show, Good Morning America, ABC News, NBC News, CBS News, E News Daily and multiple publications like Vogue, New York Magazine (Voted Best in NY in Best in NY Issue), CS Magazine, Chicago Tribune, NY Times and more. He is a top 1% Nationally Ranked US Triathlete and World Ironman 70.3 Triathlon qualifier. Education includes a BS from the University of Miami, ACE, Schwinn Cycling, BOSU, Urban Rebounding and USA Nationally Certified Triathlon Coach.

Mikhaila Woodall

Trainer & Presenter for WaterRower and Speedball at SCW; Carbon38 Ambassador; Lakeshore Sport & Fitness Mind & Body Creative Coordinator.

Mikhaila believes in cultivating balance in life, is a champion of the “work hard, play hard” ethos, is founder of the #WineDown and #FitFabFun Event Series, and is the proud creator of several original fitness formats that will be featured at the October 2nd Group Fitness Extravaganza including DEFCON, Diesel and Dirty 30s.

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.

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.

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 to schedule your complimentary fitness consultation today!

Pre and Postpartum Care at Lakeshore Physical Therapy

Many physical changes happen to a woman's body during pregnancy and quite often the expertise of a physical therapist is a solid resource. More than two-thirds of women experience low back pain during pregnancy. It is common, but treatable, with a PT program of proper body mechanics, posture education, manual therapy, stretching and stabilization exercises. Other pre and postpartum issues that are successfully treated in physical therapy are pelvic pain, urinary incontinence, sacroiliac joint dysfunction, diastasis recti, wrist/ hand pain, abdominal weakness, and neck pain. Pregnancy is a time of change for the body and the changes occur rapidly. Lakeshore Physical Therapy has experienced physical therapists to evaluate and treat the musculoskeletal conditions that commonly occur during all phases of pregnancy. Feel free to call us at 773-770-2419 (LP) or 312-801-8440 (IC) to schedule an evaluation and stay pain free during and after pregnancy.

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