

CONDO FEVER

FIT FEVER FITNESS CHALLENGE

Kickstart 2026 at Lakeshore Sport & Fitness - Illinois Center!

Kickstart 2026's Condo Fever at Lakeshore Sport & Fitness - Illinois Center with fun, community, and momentum with the Fit Fever Fitness Challenge. All are encouraged to attend all events—though each is open and encouraged individually—to set meaningful goals, connect with others, and start 2026 strong. All participants will receive a complimentary in-body scan (\$60 value), measurements (if desired), and an attendance card to track their progress and goals. Team Workouts are specialized to this challenge. The challenge, including workouts, community check-ins, and all events, is **COMPLIMENTARY!**

Let us know **YOU'RE IN** by emailing
ICPT360@LakeshoreSF.com

EVENT SCHEDULE:

Jan 19 • Goal Setting & Nutrition Workshop	- 5:30PM
Jan 21 • Trainer & Fitness Open House	- 12:30PM
Jan 24 • Team Workout	- 5:30PM
Jan 26 • Team Workout	- 5:30PM



Weekly Check Ins: Mondays @ 5:30 PM through February 23rd

Stay accountable, share your experiences and challenges, and keep the momentum going. 30-minute mini workout & 30-minute check-in.

The more you participate—attending events, team workouts, and weekly meetings—the more prizes you can earn to help keep your 2026 goals on track all year long!