

## Give us your opinion for a chance to win \$100 Club Credit

Our Annual Member Survey gives us important feedback on your experiences at Lake Forest and Lindenhurst Health & Fitness Centers, and how we can make it even better! Please complete the survey by April 30, 2016 either on our websites or pick up a paper version at the front desks and you can enter for a chance to WIN!

## Memorial Day Holiday Club Hours

**Monday, May 30**

### Lake Forest:

Facility 7:00 a.m. – 1:00 p.m.  
Fitkids 8:00 a.m. – 12:00 p.m.  
Café Closed

### Lindenhurst:

Facility 7:00 a.m. – 1:00 p.m.  
Fitkids 8:00 a.m. – 12:00 p.m.  
ClubFit 9:00 a.m. – 12:00 p.m.

## NEW SALES HOURS!

Every Wednesday our Membership Department will be available for you from 6:00 a.m. until 8:30 p.m.!

Be sure to check in with our Membership Advisors to update your information including financial, address, phone and email, and be assured we will keep you up to date with all club specials, promotions and events!

## May = Exercise is Medicine Month

Be sure to register at the front desk to reserve your spot in any or all of our complimentary workshops offered throughout May. Workshops cover a variety of topics including Pilates, Stress Management, Balance and Coordination, and a special seminar by Dr. Larry Kaskel:

Title: Let Food Be Thy Medicine

Date: Wednesday, May 25th

Time: 10:00 a.m. – 11:00 a.m.

Instructor: Larry Kaskel, MD

Director of Northwestern Wellness

Location: Banquet Room at Lake Forest

“More education and less medication”. Learn how lifestyle changes and nutrition can impact your health and wellness. Dr. Kaskel is board certified in internal medicine and board certified in clinical lipidology.

Contact Anthony Simone at [asimone@nm.org](mailto:asimone@nm.org) for more information!

## 4 ways to Spring Clean your Fitness Routine:

It's that time of year again -- the snow's melting and the sun's shining! Kick off Spring with a healthy start by revamping your routine!

- Get outside – The spring and summer seasons are filled with fun and unique fitness events that take place outdoors. Now is a great time to sign up for a 5k or try a new group exercise class!
- Change up your routine – Many people fall into 2 categories - those who love weights and those who love cardio. By trading time in one discipline for time in the other, you'll not only shake things up but you'll also complete a more well-rounded routine.
- Try a different time – Normally exercise in the afternoon or after work? Try waking up with the birds and enjoying a morning workout. See how much you can accomplish before your first cup of coffee!
- Change up your intervals – Try switching up your cardio routine by adding interval training, or even choosing “Rolling Hills” as an option versus an endurance workout on your favorite piece of cardio equipment.

For details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or e-mail [kwrezel@nm.org](mailto:kwrezel@nm.org).



## Pilates

The Pilates department is excited to announce that we are now offering 45 minute sessions! During the month of April, enjoy 15% off on Private Pilate's packages of 10 or more. If you are interested in finding body awareness, more flexibility and a stronger core.

Lake Forest contact Deb Valenti at 847.535.7117 or [dvalenti@nm.org](mailto:dvalenti@nm.org)

Lindenhurst contact Kristina Wrezel at 847.535.7038 or [kwrezel@nm.org](mailto:kwrezel@nm.org).

## Take advantage of our Mother's Day Sale

Enjoy 20% off a One Hour Massage or Facial for all females May 6 through May 8, 2016!

## Pamper your parents with a gift card to The Spa for Mother's Day and Father's Day.

The Spa at Lake Forest and Lindenhurst Health & Fitness Centers is ready to give parents the full treatment this Mother's & Father's Day. Stop at the front desk and pick up this special gift TODAY!



## Make an impact in our community during 2016!

Our Annual 5K is Sunday, September 11. Register at [lakeforesthfc.com](http://lakeforesthfc.com) to participate, sponsor or donate. All donations are tax deductible. Contact [HFC5k@nm.org](mailto:HFC5k@nm.org) for more information or how to be involved.

## April is Relax Month

Take a deep breath and retreat from the stresses of everyday life by spending the day at The Spa at Lake Forest Health & Fitness Center. Pamper yourself with one of these great offers :

- 30% Off Bioelements Facial Products
- Purchase your massage therapy or facial packages today. Double the discount on Spa packages throughout the month of April. Contact the front desk for more information!

## Looking to lose weight or get in shape for an upcoming event?

Do you need extra motivation to reach your goals? If so, our team of Certified Personal Trainers can work with you to create an exercise program specifically tailored to your needs to help you reach your fitness goals! For more information on our Personal Trainers, contact Kristina Wrezel at 847.535.7038 or e-mail [kwrezel@nm.org](mailto:kwrezel@nm.org).

## Lose to Win 2016 – Partners Edition:

Thank you to everyone who participated in Lose to Win 2016 - Partners Edition. This year we had 116 participants complete the program with a total body weight loss of 1,016.2 pounds! We had another very successful year and look forward to planning for Lose to Win 2017.



The Top four partner winners were:

1st Place Colleen Acasio and Sue Slezak

2nd Place Monica MacMillan and Angus MacMillan

3rd Place Shirley Morrison and Kevin Morrison

4th Place Susan Krivoshik and Margaret Stewart.



The Top 3 Finishing Teams were:

1st Place Jennie Burks Team – 8.40% average weight loss

2nd Place Brett DePorter's Team – 8.22% average weight loss

3rd Place Aaron Santos's Team – 5.47% average weight loss



## Complimentary Screenings:

During the month of April we will be conducting complimentary blood pressure readings near the front desk on April 19 from 5:00 - 6:00 p.m., April 21 from 9:00 - 10:00 a.m., and April 22 from 10:00 - 11:00 a.m. One of our fitness specialist will be there to take your blood pressure and answer any questions that you may have.

During the month of May we will be conducting complimentary bone density scans near the front desk on May 10 from 5:00 - 6:00 p.m., May 12 from 9:00 - 10:00 p.m., and May 13 from 10:00 - 11:00 a.m.

### Working out is a family affair!

Do you have a teen who needs to prepare for a sport or just wants to start working out? We offer a Teen Youth Certification for your 13 or 14 year old to help acclimate them to our facility. Once completed, they can join as a member and enjoy the benefits of our club. The cost for the Teen Youth Certification is \$35 (additional membership fees required). Your teen will work with one of our Certified Fitness Specialists to learn how to use all of the fitness equipment safely and understand the general aspects of gym etiquette. For more information please contact Bo Wright at 847.535.7139 or e-mail at bowright@nm.org.

## DON'T WAIT

– Be sure to sign up for one of our Relax Month Complimentary Yoga Workshops

- Saturday April 9 2:00 - 3:15 p.m. Somatic Movement Workshop Marjorie
- Saturday April 16 4:00 - 5:15 p.m. Yoga Tune Up Werner
- Friday April 22 5:30 - 6:45 p.m. Inversions Wendy
- Thursday April 28 2:30 - 4:00 p.m. Backbends Cara
- Saturday April 30 2:00 - 3:30 p.m. Advanced Yoga Liza
- Space is limited. Register at the front desk today!

## 20% off

Enjoy 20% off your Entire Pro Shop Purchase during our Memorial Day Weekend Pro Shop Sale! Promotion runs from May 28 through May 30 only!

## NEW Group Exercise Schedules

will run Monday, April 4 – Thursday, May 26. There will be a Memorial Day Weekend Schedule Friday, May 27 – Monday, May 30. Be sure to visit our website for more information!

## Arthritis Program

Registration begins on Monday, April 18 for members and Monday April 25 for non-members. The next 16-week session runs Monday, May 2 – Sunday, September 4.

## Tails N' Trails

Our first Tails N' Trails Dog Walking Event is on Saturday, May 7 at 10:00 a.m. The event is Hawaiian themed so be sure to dress both you and your pup accordingly! Walking group meets on the East side of the parking lot. Remember to register you and your pup at the front desk!

## Complimentary Chair Massages

We are offering Complimentary chair massages at Lake Forest Health & Fitness Center throughout April. Be on the lookout for one of our expert Massage Therapists. Call the front desk to learn more . . .

## Boys and Girls Youth Wellness

Feel good about yourself, even after the endorphins wear off!

The Boys and Girls Youth Wellness program is designed to build confidence and motivation through exercise and a positive lifestyle.

Objective:

- Strength • Weight Loss • Flexibility • Team Building • Nutrition • Confidence
- Endurance • Agility

8 Weeks Program, Space is limited

For more information, contact Anthony Simone at 847.535.7140 or asimone@nm.org  
\*Register at the front desk

**Complimentary** Boys Youth Wellness class offered:

June 14th from 12:00 - 1:00 p.m. (ages 12-14)

June 15th from 4:00 – 5:00 p.m. (ages 8-11)

**Complimentary** Girls Youth Wellness class offered:

June 16th from 12:00 – 1:00 p.m. (ages 10-13)



## Lose to Win 2016 – Partners Edition:

Thank you to everyone who participated in the program. It was a very successful program and we are looking forward to 2017!



### Team Standings

- 1st Place Team Brian 7.16%
- 2nd Place Team Nikki AM 6.36%
- 3rd Place Team Dan 6.16%



### Partner Standings

- 1st Place Tom Chilcote and Steve Schommer
- 2nd Place Beth Davies and Brian Davies
- 3rd Place Alexis Reidel and Liz Reidel
- 4th Place Kristin Leonard and Sharon Schwarzmann

## Step Jam 101: Part 2 -

Sunday, April 24 from 10:45 - 11:45 a.m.  
with Sue Wetter

Learn step terminology and the basics to better your skills of tap-free step choreography in this one-time workshop. A great way to ease your way into the Saturday Step Jam class as well as offering more training for seasoned steppers. Come join the party and gain confidence in your step skills! Register at the Front desk.

## Yoga for Golfers

Learn stretches that will help you gain flexibility and improve your golf swing.

Monday, April 25 from 5:15 - 6:15 p.m. with Maryanna Gibbs. Registration at the front desk required.

## Sport the latest fashions

from the Pro Shop Today! Have you checked out the Pro Shop lately? Competitive prices and top of the line merchandise is waiting for you!

- Polar Heart Rate monitors and accessories.
- Specialty brands for men and women such as MPG, Soybu and Calvin Klein. Arriving Soon - Under Armour!
- Last minute necessities such as batteries, earphones and wigwam socks.
- Century weightlifting and kickboxing gloves
- Swim accessories such as goggles, swim caps and ear plugs.

Pop in TODAY!

## Complimentary chair massages

We are offering Complimentary chair massages and Skin Analysis at Lindenhurst Health & Fitness Center throughout April. Be on the lookout for one of our expert Massage Therapists and Aestheticians. Call the front desk to learn more . . .

## UPDATED FitKids Hours:

Monday thru Thursday: 8:00 a.m. to 8:00 p.m.

Friday: 8:00 a.m. – 4:00 p.m.

Effective May 1st: Saturday and Sunday:  
8:00 a.m. – 1:00 p.m.



## Congratulations to Tracy Velkover!

She ran the Hippy Hop ½ marathon on Saturday, March 26 in Peoria, AZ. She took 2nd in her age group with a time of 1:57:20. She is an avid runner but also enjoys cross training and participating in a variety of group exercise classes. Great job Tracy - you are an inspiration to us all!

## Spring Savings Pro Shop Sale!

May 2nd – 8th The More you Buy, The More you Save!

1st item - 10% off

2 items - 20% off

3 items or more - 25% off your total purchase.

## The Benefits of Private Yoga Training

Want to enjoy the benefits of yoga at your own pace? Private yoga training sessions are ideal for someone looking to specifically work on an area of pain or discomfort that may require extra attention. A private session also provides the opportunity to have a workout tailored to your specific needs and personal goals. During the month of April, 5 and 10 pack private yoga training sessions will be discounted 10% off. Treat yourself today and book your first private training session. To schedule your first session or for more information, contact Amy Rosales at 847.535.7632 or arosales@nm.org.

## Children's Group Swim Lesson

Session 2 ends April 23.

Session 3 runs from April 25 - June 11. Member registration begins Wednesday, April 13, and Non-member begins Saturday, April 16.

This is a busy session so please take advantage and register early.

Session 4 is our first summer session, you have the option of weekdays, two times a week for five weeks, or Saturdays for ten weeks. Member registration begins Wednesday, June 1, and Non-member begins Saturday, June 4.

Session 4 runs from June 13 - July 14. Weekday offerings are Monday and Wednesday, or Tuesday and Thursday. No group classes on Monday, July 4 or Tuesday, July 5.

Session 4 Saturday dates are from June 18 - August 20. Saturday classes meet 9 times in 10 weeks with no group class on Saturday, July 2.

## Adult Group Swim Lesson

Adult Beginner Group lessons are a 3:1 ratio which allows for a more personal experience for the beginner. Session dates May 2 – May 27, offered either; Monday, 6:05-6:50 p.m., or Thursday, 3:00-3:45 p.m. Registration begins April 20 and is a first come, first serve basis. Spots are limited so please take this opportunity to become acclimated to the aquatic environment before summer begins.

Adult Intermediate Group lessons are a 6:1 ratio. This is for the experienced swimmer that wants to learn how to build endurance and incorporate swimming in their cross training. Session dates June 6 – 27, Monday 6:05-6:50 p.m. Registration begins May 25.

Please contact the Aquatic department with any questions you may have at 847.535.7611.

## Summer means more time in the water

whether you are swimming in pools, lakes or boating. Please be safe while you are having fun in the water and review/enforce the rules of the facility with your family. Lead by example and your children will follow your lead. Here are just a few tips from the Red Cross:

- Always stay within arm's reach of young children and avoid distractions when supervising children around water.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

Please see the Red Cross website for more pertinent information at [www.redcross.org](http://www.redcross.org)

