

REFER-A-FRIEND

to Lake Forest or Lindenhurst Health and Fitness Center

Give the gift of good health - refer a friend or co-worker to Lake Forest or Lindenhurst Health & Fitness Center. For every one of your friends who join, you receive club cash!

HEALTHY HOLIDAY COOKING DEMO:

This member's only workshop will teach you healthier ways to cook through the holidays. Let our chef and dietitian answer any questions you may have, while you sample great tasting food. These cooking demos are scheduled on November 24, 2015 at 11:00 a.m. at Lake Forest Health and Fitness Center, and December 17, 2015 at 11:00 a.m. at Lindenhurst Health and Fitness Center. Registration at the front desk required. For more information contact Anthony Simone at 847.535.7140 or asimone@nm.org.

NEW! Condition with Nutrition

This 30 day program combines the best of both worlds: Exercise and Nutrition! Meet with a Certified Personal Trainer 3 times per week, and a Certified Nutrition Coach 1 time per week to help you reach your fitness goals. For more information, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

FITKIDS HOLIDAY PASS SPECIAL

Purchase a Holiday Pass* for the kids! \$25 per child

* offer is for children ages 6 weeks - 12 years of age; some restrictions apply; pass is non-refundable.

This special holiday pass is valid during the following weeks only:

Thanksgiving Week: November 23 - November 29, 2015
December Holidays: December 21 - January 3, 2016



HOLIDAY REMINDERS:

To decrease the potential for holiday theft there are a few things to keep in mind:

- Do not leave valuable items visible in your cars; be sure to lock your personal items in the lockers within the locker rooms.
- Do not bring or leave bags, purses, etc. on the Fitness Floor during your workouts.

The Fitness Center is not responsible for items left unattended; and items left in common areas can be a source of tripping / accidents.



TOPPING OFF

By the end of December, all five pavilions of the new Northwestern Medicine Lake Forest Hospital will reach their final heights. As the temperature continues to drop, crews are pouring concrete for floors and columns on the north end of the construction site. Once finished, work will then focus on internal elements of the building as well as on completing the external facade.

More than 100 new trees have been planted and grass is beginning to grow on several of the drumlins, or berms, that are a hallmark of the landscaping design for the new campus. Many of the new hospital's parking lots and campus access roads are now complete. One new parking lot, southeast of the construction site near Westmoreland Road, is open now for use by patients and visitors to the Bays (900) and McGaw (800) medical office buildings.

The \$150 million *Our Legacy. Our Future.: The Lake Forest Destination for Health*: philanthropic campaign, which supports the construction of the new hospital, clinical programs and endowment, was announced on October 17. For more information about the campaign, as well as the construction project to build the new Northwestern Medicine Lake Forest Hospital, visit nlfh.nm.org.

**BLACK FRIDAY SPECIALS - GREAT DEALS!
ONE DAY NOT TO MISS - FRIDAY, NOVEMBER 27**



Make time for family, friends and fitness this holiday season!

1 Prioritize your time - During this season of giving and socializing, it's important to remember to carve out some "me" time. If you are constantly doing things to please others, you will put your needs on the back burner, and exercise is usually the first thing to fall to the wayside. It's understandable that something has to give, but when your plate starts to fill up, make modifications instead of cutting out your workout completely.

2 Assess your goals regularly - Stay current with your goals. Check in with yourself daily and ask why you want to reach these particular goals. Reminding yourself of what you're striving for will help keep your mind focused on the end

result. Write a list of your goals for the holiday season and hang it in a spot that you can reference daily. Doing so will help you keep striving onward.

3 Buddy Up - You know how beneficial having a workout buddy can be, but having that extra support is especially crucial during the holidays. People are often thrown off their diet and workout schedules when they feel like an outsider. While everyone else is indulging in food and drink, they are left counting calories and tracking workouts. If you have that workout buddy, you'll be able to lean on each other for support and motivation.

Lose to Win 2016

Early registration begins on November 16. There will be a few new twists in the program this year, so secure your spot! If you have questions about the program contact Brian Balkam at Lindenhurst and Bo Wright at Lake Forest.

Brian Balkam: bbalkam@nm.org / 847.535.7621
Bo Wright: bowright@nm.org/847.535.7139.

Date of Program: January 11 – March 6, 2016
Regular Registration \$209:
December 1 – December 31, 2015
Early Registration \$179:
November 16 – November 30, 2015

Thank you to everyone who supported Northwestern Medicine's Inaugural 5k and Family Fun Run. Our very first event couldn't have gone any better and we were so happy to have members at both fitness centers, and the community we serve, supporting us along the way.



Help Relieve the Holiday Tension

Let the Lake Forest and Lindenhurst Spa take the stress out of your holiday season gift giving with our Gift Certificates. They are the ideal gift for relieving holiday tension and pressure.

Spa Holiday Specials

We wish you a Spatacular Holiday season!
One 3-Pack of Signature Massages* or One 3-Pack of Signature Facials* for **only \$225.00**.
*Offer valid December 1 – December 31, 2015;
some restrictions apply

Pro Shop Holiday Sale

30% Off Bioelements
(offer valid December 7- December 13, 2015)
25% Off Entire Purchase
(offer valid December 14 – December 24, 2015)

Lake Forest:

Member Holiday Party -

Thursday, December 10, 5 -7 p.m.

Bring a friend and join us as we enjoy drinks, appetizers and music. Your children will enjoy our special FITKIDS® activities and a visit from Santa. Register at the front desk or call 847.535.7060. FITKIDS parents should register their children at the FITKIDS desk.

COMING SOON

to Lake Forest Health and Fitness Center . . .

Northwestern Medicine Lake Forest Hospital is pleased to announce the opening of the Center for Orthopaedics and Spine Care, located in the Lake Forest Health & Fitness Center in Suite 100. The center will include physicians specializing in Orthopaedic Surgery and Neurosurgery. Patrick Sugrue, MD, Neurosurgery, will be relocating from his current location in the 800 Building to the new Center in early December. Additionally, we are welcoming Matt Jones, MD, Orthopaedic Surgery. The clinic is scheduled to open in early December.

Dr. Sugrue has completed a fellowship in adult and pediatric spine surgery and has advanced surgical training in adult spinal deformity and adult minimally invasive techniques from Northwestern Memorial Hospital. His work has been published more than 20 times in peer-reviewed journals and he has made numerous regional and national presentations on neurosurgery.

Dr. Jones joins Northwestern Medicine from Union Health System in Terre Haute, Indiana. He completed his fellowship in Sports Medicine and in addition to general orthopedics has a clinical interest in sports medicine, fracture care, minimally-invasive arthroscopic surgery and advanced shoulder surgery.

Look for more detailed information to come regarding specific opening dates and scheduling information.

For additional information or questions please contact Laurie DeSort, Director of Operations for Orthopaedics and NeuroSciences at 847.535.6557.

Gift of Pilates

With the holidays right around the corner, share the gift of Pilates with family and friends! Look for our Pilates gift card promotion coming in December. It makes a great holiday gift or stocking stuffer for a family member, friend or even for you! For more information on Pilates, please contact Deb Valenti at 847.535.7117 or e-mail dvalenti@nm.org.

TEEN YOUTH CERTIFICATION

Do you have a teen who needs to train for a sport, or just wants to start working out but may not be old enough to join the gym? We NOW offer a Teen Youth Certification for your 13 or 14 year old. 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. Once they complete this hour long session, they can join the club as a junior dependent. Get them started right away! The one-time fee for the Teen Youth Certification is \$35.00 (additional membership fees required). For more information or to register, please contact Bo Wright at 847.535.7139 or e-mail at bowright@nm.org.

Extra, extra, read all about it . . .

Hand Grip Strength

We will be conducting a complimentary Hand Grip Strength during the month of November. This will be held in the main lobby on November 17 and 19 from 9:00 - 10:00 a.m. and 4:30 - 5:30 p.m.

Balance Screening

During the month of December we will be conducting a complimentary balance screening. This will be held in the main lobby on December 15 and 17 from 9:00 - 10:00 a.m. and 4:30 - 5:30 p.m.

Visit our website for a revised Thanksgiving Day and Weekend Group Exercise Schedule.

Thanksgiving Day Group Exercise Classes:
Thursday, November 26, 2015:
8:30 - 9:25 a.m. The Barre Class – Werner
8:30 - 9:30 a.m. Spin – Ed
9:00 - 9:50 a.m. Arthritis – Ali
9:00 - 10:00 a.m. Aqua Aerobics – Carl
9:00 - 10:15 a.m. All Levels Yoga – Angela
9:30 - 10:30 a.m. Body Pump – Kaye
10:00 - 10:50 a.m. Arthritis – Ali

Be sure to check out our website for two-weeks of revised Holiday Group Exercise Schedules.

Special schedules will be effective Monday, December 21 - Sunday, December 28, 2015, and Monday, December 29, 2015 - Sunday, January 4, 2016.

Our Winter Group Exercise Schedule is effective Monday, January 5, 2016.



Lake Forest:

Sing-a-Long Spin

Join Lora on Tuesday, December 22, 2015 for Sing-a-Long Spin! Test your cardiovascular endurance by singing familiar holiday carols and spinning to the beat!

IMPORTANT ARTHRITIS PROGRAM INFORMATION:

Current session ends on Sunday, January 10, 2016. The next 16-week winter session is effective Monday, January 11, 2016. Member registration begins Monday, December 7, 2015. Non-member registration begins Monday, December 14, 2015. All participants must fill out a new Health History Questionnaire for 2016.

Helen O'Neill

In September, Helen O'Neill retired her membership at 92-years old. She was an active participant in the 9:00 a.m. Aqua Aerobics Classes. Her class threw her a going away pool party to wish her the best!



Lindenhurst:

Member Holiday Party Sunday, December 6, 1:00 – 3:00 p.m.

Join us as we enjoy drinks and appetizers. Your children will enjoy our special FITKIDS® activities and a visit from Santa. Wear an ugly holiday sweater and enter our contest for a chance to win a prize! Register at the front desk or call 847.535.7601.

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.

MAXIMIZE YOUR MOBILITY

Join Nikki Brooks, NASM Certified Personal Trainer, for this 4 week workshop designed to educate members on the importance of stretching and how to incorporate basic movements into your regular exercise routine to improve your range of motion and mobility. November 11 - December 2, 2015 on Wednesday's from 9:00 a.m. to 10:00 a.m.

Members: \$30.00/Non-members: \$50.00

Register at the front desk today to reserve your spot. Space is limited to 8 participants per class. For more information, please contact Nikki Brooks at 847.535.7636 or e-mail nitierne@nm.org

NOVEMBER 27, 2015. BE ON THE LOOK OUT for our BLACK FRIDAY SALES!

AQUATICS:

Please remember that group swim lessons will not meet the week of November 21–28, 2015 due to the Thanksgiving holiday. After Thanksgiving, there will be three weeks remaining in Session 8, ending December 19, 2015. However, private and semi-private lessons will meet the week of Thanksgiving, unless arrangements are made with the instructor.

Such a blast to splash!

Two week YOUTH ENDURANCE SWIM SESSION. Consider signing your capable swimmer in our endurance swim program after the Christmas holiday. We will meet for two weeks on Monday and Wednesday from 4:30-5:15 p.m. Beginning December 28, 2015 ending January 6, 2016. Registration begins on December 14, 2015. Please see brochure for skill requirements and registration information.

Group Swim Session 1 of 2016

dates are as follows:

Session 1: January 11 – February 27, 2016, classes meet once a week for 7 weeks. Member registration begins December 30, 2015 - take advantage of early registration! Non-member registration begins January 2, 2016.

Supervised swims offer an opportunity to enjoy some fun with the family in the pool.

A lifeguard is on duty during the following times/days:

Tuesday	3:30 - 5:30 p.m.
Friday	6:00 - 8:00 p.m.
Saturday	12:00 - 2:00 p.m.
Sunday	12:00 - 2:00 p.m.

All members are welcome. You may bring a non-member as your guest, but they must sign in and pay a guest fee at the front desk upon arrival. We look forward to seeing you in the pool!

Health & Safety first, remember to practice and follow:

Please do not swim alone. Please shower before entering the pools.
Please refrain from wearing perfumes/cologne during your workout.
Please follow all pool rules.
Please respect and listen to the lifeguard as they are the authority on the deck.

Wishing one and all a Happy Holiday Season!

The Aquatic department staff would like to thank you for your patronage. We appreciate the opportunity to assist you in any way we are able. If we can be of any assistance or answer any questions please call the Aquatic Department directly at 847.535.7611.



FitKids PAINTING PARTIES

“Goal” Painting Party

Wednesday, November 11, 2015
12:30 – 2:00 p.m.

“Give Thanks” Painting Party

Wednesday, November 25, 2015
12:30 – 2:00 p.m.

“Christmas Pup” Painting Party

Monday, December 21, 2015
12:30 – 2:00 p.m.

“Jolly Santa” Painting Party

Wednesday, December 23, 2015
12:30 – 2:00 p.m.

Pajama Day

Saturday, December 26, 2015
8:00 a.m. -2:00 p.m.

Come dressed in your coziest PJ's and relax after a hectic holiday!

“Snowboarder 1” Painting Party

Monday, December 28
12:30 – 2:00 p.m. (ages 8 and up)

“Magic Winter” Painting Party

Wednesday, December 30, 2015
12:30 – 2:00 p.m. (ages 8 and up)

All parties are \$15.00 per child for members and \$20.00 per child for non-members

Registration at the front desk required. To learn more about these fun activities contact Angela Fuggiti at 847.535.7618.

Our Elf on the Shelf Noelle returns to tease and encourage the children to behave before Christmas Eve, when she reports back to Santa Claus. Be on the look out for her from December 1 – December 24, 2015!



Pilates Reformer

Check out our NEW Pilates Group Equipment Class schedule! The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. Participants see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat. Our 8 week Group Pilates session will begin Monday, November 2, 2015. Our group classes are held in the Pilates studio and are available for two to four students. All classes are 50 minutes in length. Register today at the front desk to reserve your spot. For more information on Pilates Reformer or to schedule a session, please contact Kristina Wrezel at 847-535-7038 or kwrezel@nm.org.



Holiday Indoor IRONMAN

Looking for a great way to challenge yourself and stay in shape over the holidays? Sign up for the Indoor Ironman at Lindenhurst Health and Fitness Center. You will bike, run, and swim/row. The cost is \$10.00 and registration begins on Monday, November 16, 2015. The program will run from November 30, 2015 - December 31, 2015. If you have any questions please contact Brian Balkam 847.535.7621 or bbalkam@nm.org.

FITKIDS HOURS

will change on Saturdays and Sundays beginning Sunday, November 1, 2015. New hours will be 8:00 a.m. – 2:00 pm for these days thru April 30, 2016.

Workout before your Thanksgiving meal

Group Exercise Schedule for Thanksgiving:

8:45 a.m.-9:45 a.m. WERQ with Cindy

8:45 a.m.-9:30 a.m. Spin: Burning up the Trails with Joy

8:45 a.m.-9:15 a.m. H2O Barre Workout with Cheryl

9:30 a.m.-10:20 a.m. Arthritis with Mary R

9:45 a.m.-10:45 a.m. Thankful Yoga with Elaine

Special Notation:

Friday 11/27, 5:15 a.m. Spinning and 5:30 a.m. Bodyshred will not be held.

HOLIDAY FITNESS CENTER HOURS:

Lake Forest Health & Fitness Center

Thanksgiving Day, November 26

Club: 7:00 a.m. – 1:00 p.m.

FitKids 9:00 a.m. – 12:00 p.m.

Café closed

Christmas Eve, December 24

Club: 5:00 a.m. – 1:00 p.m.

FitKids 9:00 a.m. – 12:00 p.m.

Cafe closed

Christmas Day Club will be closed

New Year's Eve, December 31

Club: 5:00 a.m. – 1:00 p.m.

FitKids 9:00 a.m. – 12:00 p.m.

Cafe closed

New Year's Day, January 1

Club: 7:00 a.m. – 1:00 p.m.

Fitkids closed

Cafe closed

Lindenhurst Health & Fitness Center

Thanksgiving Day, November 26

Club: 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.

Christmas Eve, December 24

Club: 5:00 a.m. – 1:00 p.m.

FitKids 8:00 a.m. – 12:00 p.m.

ClubFit 9:00 a.m. – 12:00 p.m.

Christmas Day Club will be closed

New Year's Eve, December 31

Club: 5:00 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 Year's Day, January 1

Club: 7:00 a.m. – 1:00 p.m.

Fitkids closed

ClubFit closed