

Lindenhurst Health & Fitness Center is celebrating 15 years!

Join us Friday, June 19 for our 15 Year Anniversary Celebration from 6:00 – 8:00 p.m. Enjoy, food, drinks, a complimentary raffle and more as we celebrate 15 amazing years of Fitness and Health! Look for special offers during the month of June in honor of our anniversary!



New Member Orientation

Lake Forest
Thursday, July 16
from 5:00 – 5:30 p.m.

Lindenhurst
Wednesday, July 15
from 10:00 – 11:00 a.m. and 5:00 – 6:00 p.m.

Maximize your fitness benefits and enjoy fun experiences at our Club! This is a great opportunity to meet our management team to learn more about our Group Exercise, Personal Training, Pilates, Wellness programs and MORE!

REMINDER...

We hope you are enjoying the club and all the amenities we offer! We ask that you please remember to dispose of all dirty towels in the towel bins provided throughout the facility. Please DO NOT remove the towels from Lake Forest and Lindenhurst Health and Fitness Center at any time!



Making Progress

It took three days in April to construct and certify a tower crane that will be used to help build three of the five pavilions of the new Northwestern Medicine Lake Forest Hospital. The crane stands 160 feet tall and its arm, called a jib, extends 265 feet outward, with the ability to lift a maximum of 70,500 pounds. Work on the new hospital's five pavilions is moving from south to north. By mid-July, the first of them -- Pavilion D -- will reach its maximum height of three stories, with the others following suit throughout the rest of the year. The new hospital is expected to open in Fall 2017.

Stay Cool During Your Summer Workout

Check out these 5 tips to keep the heat from melting your workout this summer!

- 1 Hydrate, hydrate, hydrate**
Maintain a salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity. Avoid alcoholic and caffeinated beverages.
- 2 Exercise smarter, not harder**
Work out during the cooler parts of the day, preferably when the sun's radiation is minimal — early in the morning or early in the evening. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10:00 a.m. to 3:00 p.m.
- 3 Dress the part**
Wear loose, light-colored clothing. The lighter color will help reflect heat and cotton material will help the evaporation of sweat. You may also want to try specially designed “hi-tech” running shirts and shorts as they are made with material meant to keep you cool.

- 4 Plan ahead**
Choose shaded walking/running trails or pathways that will keep you out of the sun. Always remember sunscreen – It's important to protect your skin, even on cloudy days.
- 5 Team up**
If you can, exercise with a friend or family member. It's safer and will make your workout more enjoyable!



Refer a Friend and ENJOY \$75 credit*! Call your membership advisor TODAY!

*some restrictions apply

Curious about how to meditate?

Join Cara Zaruba Butler for three meditation classes to learn not only the different styles of meditation but all the benefits as well. Cara will teach you a new meditation technique during each session. Meditation will be held outside near the pond, weather permitting.

Monday, June 29 from 10:45-11:30 a.m.
Guided imagery meditation

Monday, July 27 from 10:45-11:30 a.m.
Mindful breathing meditation

Monday, August 31 from 10:45-11:30 a.m.
Mantra meditation

Change up your routine with outdoor group fitness classes!

Join our 8-week Outdoor Tabata Boot Camp – This is an 8-week outdoor class scheduled from July 13 to September 1. Class meets every Tuesday from 9:00 - 9:50 a.m. by the pond. Julia will lead you through a High Intensity Interval Training (HIIT) class using the 20-10 Microburst Training Protocol with only body weight and small equipment.

Tails N' Trails

will be held on Saturday, June 27, August 1 and August 29 at 10:00 a.m. Join Samantha and her dog Toby, as they lead a walk through fitness center trails. Friendly, leashed dogs are welcome. Registration for members and guests at the front desk is required.



Wellness 180°

Wellness 180° is a one-of-a-kind program that brings together a team of professionals ready to help motivate, encourage and support you as you make the turn towards better health. We'll set realistic goals and provide you with the tools necessary to succeed. Your Wellness 180° team consists of: exercise specialist, dietitian, and your physician. Cost: \$185 for an 8 week program or \$330 for a 16 week program.

For more information, please contact Anthony at 847.535.7140 or asimone@nm.org.

NEXT ARTHRITIS SESSION UPDATE

The current session scheduled to end on Sunday, July 26, is being extended through August 30. The annual pool closure for maintenance and cleaning will be Monday, August 31 – Sunday, September 20. Please utilize Lake Forest Place pool or the Lindenhurst pool during this time. The fall session will run Monday, September 21- Sunday, January 10.

Somatic Movement Workshop with Marjorie Fradin

Somatic movement therapy, developed by Thomas Hanna, is a powerful physical modality that enables the brain to “reset” itself from the patterns it has established through years of misalignment (known as “sensory motor amnesia”). Students learn to access forgotten muscles through the gentle contractions, slow releases, and mindful integration. Not only does this practice restore strength, flexibility, and range of motion, it can relieve chronic pain associated with some muscular conditions. It also helps with your golf swing, your tennis serve, and even walking and standing. Scheduled for Saturday, July 11 from 11:30 a.m. – 12:30 p.m. in the Mind/Body Studio.

Summer Boys & Girls Youth Wellness Program

Register your child today for a chance to participate in this year's Summer Boys and Girls Youth Wellness Program. Space is limited to work with a personal trainer for 8 weeks. Call Anthony Simone for more information at 847.535.7140 or email asimone@nm.org.

Summer Events in FITKIDS

THURSDAY WATER DAY - Our Thursday Water Days will begin June 4 from 10:00 -11:30 a.m. followed by an **ICE CREAM SOCIAL** at 11:00 a.m. Water Day's will be every Thursday 10:00 a.m. – 11:30 a.m.

(Weather permitting). PLEASE BRING SWIM SUIT AND SUNSCREEN!

Member Summer BBQ

Join us for our first party of the summer on Thursday, July 16 from 5:30 – 7:30 p.m. Outside, weather permitting. Register at the front desk TODAY!!

FitKids Carnival!

Thursday, July 16 - 5:30 pm - 7:30 pm - Join us for fun activities including a Moonwalk, games, prizes, face painting and food!

Am I moving correctly?

This is a common question we hear from our patients whom we treat in the Sports Medicine and Physical Therapy Clinic. The good news is we can answer these questions quickly and easily through a simple Functional Movement Screen. This screen involves testing an individual performing a series of seven basic movement patterns and grading the quality of these movements.

Movement patterns are unique to each individual and impacted by genetics, injury, sports training, surgery, etc. As infants, we develop our functional movement patterns through exploring our environment. First come eye movements, then reaching, rolling, crawling, pulling to stand, walking, running and for some, highly specific sport skills that allow us to play and compete. For the most part, the way we move is simply based on what comes easiest to the body and not necessarily what is biomechanically safe or correct.

Faulty movement patterns can and do lead to injuries that could be prevented by early detection and modification through corrective exercises. A physical therapist is specifically schooled in identifying human movement patterns. In fact, on occasion, when we are working in the club we can't help but notice the good, the bad and the cringe worthy movement's members perform regularly.

The personal training staff is excellent at recommending ways to exercise more safely in the club. If you are still wondering if you are moving correctly and would like to be screened, please call Sports Medicine at 847.535.7551.

Complimentary Flexibility Testing

Stop by the entrance of the lobby and have your flexibility measured. We will perform a sit and reach test as well as a back scratch test and then have results and information for you to take with you.

June 23 & June 25
9:00-10:00 a.m. and 4:30-5:30 p.m.

Introducing Our New & Improved Pilates Studio

Welcome to our new state-of-the-art studio! We've improved our space so that you can reshape your body with Pilates. Our 575 square-foot studio includes 1 Pilates Trapeze Table (Cadillac), 4 Studio Reformers with Towers, 1 Combo chair, 1 Exo chair, 1 Ladder Barrel and a variety of Balanced Body accessories and props to maximize your workout.

New: Beginners Pilates Class

Here is your opportunity to try a Pilates Equipment class without any prior experience! Join Lorie Brown on Thursday's from 4:00 - 4:55 p.m. to experience this introductory class. Space is limited to 4 participants per class. For more information on Pilates, please contact Deb Valenti at 847.535.7117 or e-mail dvalenti@nm.org.



Want a new way to train and get results?

Commit to Be Fit is the program for you!

Do you find it hard to accomplish your fitness goals? Has your strength training reached a plateau? Are you training for an upcoming sporting event? This unique four-week program will be tailored to your needs to help you reach your fitness goals. Commit to Be Fit consists of (3) one-hour strength training sessions and (2) one-hour cardio sessions each week with one of our Certified Personal Trainers to help increase your focus and level of success. Become a member today to enjoy \$0 enrollment and to save on this program! Contact Kristina Wrezel at 847.535.7038 or email kwrezel@nm.org to learn more about this amazing program!



Summer Fitness Challenge

**Race around Lake Michigan
July 6, 2015 – August 2, 2015**

\$39.99 if you register before July 1.
After July 1 \$49.99
This will include 8 workouts with a different trainer (2 different classes each week) and weekly workouts in order to get your mileage around the lake. All participants will receive a Summer Fitness challenge T-Shirt. \$300 club cash goes to a lucky participant once the challenge is complete.

For details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.



Personal Training

½ Off Body Gem during the month of July! Originally \$60 for Members!

AQUATICS

The summer schedule for our children's group swim sessions is listed below. We are very excited to announce that each session will meet eight times! The revised dates are as follows:

Session 4: Member registration begins May 27 and non-member registration begins May 30. (Monday/Wednesday) or (Tuesday/Thursday) classes will meet twice a week for four weeks. Classes begin June 8 and end July 2. Saturday classes will meet a total of 8 times, once a week, with the exception of July 4. Saturday classes begin June 13 and end August 8. The Wednesday parent-tot classes will also meet a total of 8 times, once a week, with the exception of July 8. Wednesday classes begin June 10 and end August 5.

There are no group lessons Saturday, July 4 thru Thursday, July 9. Private/semiprivate lessons will meet unless instructor is notified of your schedule changes. The exception to this is Saturday, July 4 holiday.

Session 5: Member registration begins June 24 and non-member registration begins June 27. (Monday/Wednesday) and (Tuesday/Thursday) classes will meet twice a week for four weeks. Classes begin July 13 and end August 6.

A brochure can be found in-house or on our website-lindenhursthfc.com for more specific class information. Thank you for taking these opportunities to educate your children in the aquatic environment.

If these dates and times do not work for you please contact the aquatic office at 847.535.7611. We offer private, semi-private and independent group lessons and will try to work within your schedule. Thank you for your patronage and have a safe and fun summer!

FITKIDS Summer Hours

Monday - Thursday: 8:00 a.m. - 8:00 p.m.

Friday: 8:00 a.m.: 4:00 p.m.

Saturday and Sunday: 8:00 a.m. - 1:00 p.m.

Starting June 8 ClubFit hours will be:

Monday thru Saturday: 9:00 a.m. - 12:00 p.m.

Monday thru Thursday: 4:30 p.m. - 8:00 p.m.

ClubFit Water Days

Fridays - July 3, 10, 17, 24, 9:00 a.m.-12:00 p.m.

Please apply sunscreen ahead of time and have children dressed to play outside. For children ages 7 and up.

FitKids & ClubFit Water Day

Friday, August 14 for Ages 2 and up.

9:00 a.m. – 12:00 p.m.

Father's Day Pro Shop Sale

June 18-21

Men's apparel and accessories **25% off.**

Race Day Training

Join this 8 week training program to prepare for your first 10K, help achieve your personal best race time or even to work towards a marathon! You will participate in weekly guided runs with one of our Certified Personal Trainers, receive a personalized training program to help you prepare for your event and much more! Join us Saturday, June 6, at 8:30 a.m. to begin this 8 week journey! For more information, please contact Nikki Brooks at 847.535.7636 or e-mail nitierne@nm.org.

Special Summer Events

Thursday, June 18 from 1:00 -3:00 p.m.

Mystery Party

Ages 5 and up. This is an interactive party where children will work together to solve a mystery! \$10 per child/member, \$15 child non/member

Thursday, July 9 from 1:00 -3:00 p.m.

Almost Sleepover

for Girls Ages 4 and up. Games, dancing, nail painting, and snacks will be provided. Girls should be dressed in their pajamas and bring sleeping bags.

Thursday, July 23 from 1:00 -3:00 p.m.

Campout

for boys Ages 4 and up. We will be playing activities such as 3 legged race, insect bite game, hold a talent show and more. Boys will eat popcorn around a pretend campfire and tell ghost stories. \$10 per child member/ \$15 per child non/member

Thursday, August 6 from 1:00 – 3:00 p.m.

Ice Cream Social

for boys and girls ages 4 and up. Children will do crafts, play games, make homemade Ice Cream, and then make their own Sundaes! \$10 per child/member, \$15 per child non/member

Painting Parties

Mondays (June through August) 10:30 a.m. - 12 p.m.

\$15 per child/member, \$20 per child non-member

JUNE June 15 "Summer Fun"
June 22 "We All Scream For Ice

Cream"
June 29 "Jellyfish Junior"

JULY July 6 "Super Hero Signal"
July 13 "Hey Cupcake"
July 20 "Lollipop Blooms"
July 27 "Leapin' Lizard"

AUGUST August 3 "Goal"
August 10 "Scenes from a Balloon"

Summer Fitness Challenge

Are you looking to be challenged this summer? Do you want a break from the same old routine? Join the Summer Fitness Challenge. Each participant will receive four weekly workout goals to complete. New this year, we are offering 6 group workouts with a personal trainer. Each participant will also receive a SFC T-Shirt. Cost is \$39. Contact Brian Balkam at 847.535.7621 or email bbalkam@nm.org. Program runs from June 15 to July 12!

Pilates Reformer

Check out our 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 group classes are held in the Pilates studio and are available for two to three students. All classes are 50 minutes in length. For more information on Pilates Reformer or to schedule a session, please contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

Yoga and Golf!

Saturday, June 20 at 8:15 a.m.

How can these two possibly be related?! Yoga will benefit your golf game with:

1. Focus - concentration, clearing the mind of "chatter", awareness
 2. Breath - connecting the body and the breath, unblocking energy, intuition
 3. Well-tuned body - strong, stable, fluid and flexible, power, balance and weight transfer, range of motion
- Come to this workshop to enjoy both your yoga and golf practices even more.

Sunrise Yoga

Friday, August 7 at 6:00 a.m. with Canella Mullins

In the yogic discipline, the morning is considered as a "divine time" and when an individual's spiritual energy is at its peak. Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day. To achieve optimum personal results, it is recommended to practice yoga in the morning. Sunrise yoga brings your body more energy and nourishes you with a positive attitude to fully prepare for the challenges of the day ahead.

Personal Training 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 kwrezel@nm.org.