

4 tips to *Fall* into Fitness

1 Take advantage of the weather
Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures.

2 Find your motivation
People are motivated by different things, so it's important to first discover what your individual goals are, whether it's losing weight or preparing for a race or event. Then choose something you'll enjoy doing and will be likely to keep up, such as walking or hiking with a friend, working with a personal trainer, or taking part in a boot camp class.

3 Deal with darkness
Just because it's 6 p.m. (or a.m.) and dark doesn't mean you can use that as an excuse to avoid working out. If walking or running outdoors, wear a reflective vest or carry a flashlight. The best way to enjoy fall is to exercise outdoors, but as it gets darker earlier, make sure to be smart and safe.

4 Strive for the 3 C's
Fall is a great time to begin creating healthy habits for the upcoming holiday season and winter months. Commitment, Convenience, and Consistency with your fitness regime will lead to a successful fitness program.

Personal Training

For details on Personal Training, please contact Kristina Wrezel at 847.535.7038 or e-mail kwrezel@lfh.org.



Commit to Be Fit

Want a new way to train and get results? Commit to Be Fit is the program for you! 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.

Complimentary for Lake Forest members:

Life and Wellcoaching Assessment

Manage stress and maintain a healthy lifestyle based on your individual needs and desires! Come in and see what life and wellcoaching is all about. Contact Jennie Mueller at 847.535.7041 or jmueller@lfh.org

Annual Assessment

Time to find out if all of your hard work and sweat is making a difference! Members that joined during the month of September, October and November of 2013 are eligible to receive their free annual assessment. Please see a fitness specialist to schedule yours today!

Sit and Reach Analysis

During the month of October we will be conducting a complimentary Sit and Reach Analysis to assess your flexibility. This will be held in the main lobby on October 13 and 15 from 9:00 a.m.-10:00 a.m. and 4:30 p.m.-5:30 p.m.

Bioelectrical Impedance Analysis

During the month of September we will be conducting a complimentary Bioelectrical Impedance Analysis to assess your Body Fat percentage. This will be held upstairs in the main lobby on September 16 and 18 from 9:00 a.m.-10:00 a.m. and 4:30 p.m.-5:30 p.m.

Hand Grip Strength

During the month of November we will be conducting a complimentary Hand Grip Strength. This will be held in the main lobby on November 18 and 20 from 9:00 a.m.-10:00 a.m. and 4:30 p.m.-5:30 p.m.



Outstanding Member of the month

For the past year the Lake Forest Health & Fitness Center has been spotlighting a member of the month. These chosen members have made personal accomplishments or have done something at the club that made them stand out. Our outstanding members since the beginning of 2014 are:

| | |
|-----------|--------------------|
| January: | Lisa Abdula |
| February: | Leslie Hough |
| March: | Janine Weatherholt |
| April: | Kathy Munro |
| May: | Kevin Johnston |
| June: | Lisa Trace |
| July: | Elizabeth Pruet |



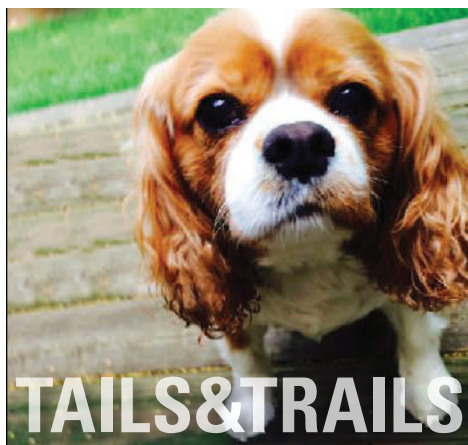
{ a powerful repose }
this September...

Spa Specials

September: A powerful repose this September... Enjoy \$10.00 OFF Deep Tissue Massages. Offer valid 9/1-9/30/2014

October: Bene-facial to your skin this October... Enjoy \$10.00 OFF Signature Facials and 15% OFF your Bioelements® purchase. Offer valid 10/1-10/31/2014

Thank you to all of those who participated in our **Summer Ironman Challenge**. We had a great turn out for the program and we look forward to your participation again next year!



- Saturday, September 6, 10:00 a.m.
- Saturday, October 4, 10:00 a.m.
Dress your dog up in his/her Halloween costume for photos before the walk and be entered into drawing for doggie goodie bag!

New Group Exercise Class Schedules starting Tuesday, September 2

NEW Group Fitness classes in September:

- **Focus: Cardio/Strength combo:** FOCUS on alternating minutes of strength and cardio drills guaranteed to leave you stronger and drenched in sweat!
- **Boxing Fundamentals:** Learn the basics of boxing with rounds of intense aerobic and anaerobic activity. This workout emphasizes speed, power, endurance, and core strengthening to have you ready for the big fight!
- **Tone & Stretch:** An active older adult class emphasizing movements to improve your quality of life with over strength exercises paired with stretches.
- **Additional Body Pump, Yoga Basics, Spin**

October is GO PINK month!

Show your support by wearing pink to the below events:

- Monday, October 6, 9:15 - 10:15 a.m.
Girl Power Spin
- Thursday, October 16, 5:30 - 6:30 p.m.
Knock Out Cancer (Body Combat)
- Friday, October 24, 5:00 - 7:00 p.m.
Halloween Social

Stay tuned for more details!

A healthier heart is well within your reach!

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. You're Wellness 180° team consists of an exercise specialist, dietitian and primary physician.

Member: 8 Weeks - \$185 16 Weeks - \$330

Help support the National Parkinson Foundation

Invite anyone you know with Parkinson's to our Spin For Parkinson's Program. No fee required for members and non-members. Family members are welcome to join.

Join us on Sunday, October 19, 2014 as we walk to support the National Parkinson's Foundation during their Moving Day. Call Anthony Simone for more information at 847.535.7140.



Team Training

Are you looking to spice up your workout routine? Sign up for Team Training! Team Training is a six week, high intensity team workout with one of our Certified Personal Trainers. Combining individualized attention with the energy of a group, this program can help you meet your sports conditioning, weight loss and total body conditioning goals! For more information about our current schedule, please contact Kristina Wrezel at 847.535.7038 or kwrezel@lfh.org.



November - Group Exercise

will have a revised class schedule for the Thanksgiving Holiday. Check it out on our website or pick one up at the front desk the week before.

Member of the Month

The Lindenhurst Health and Fitness Center has been spotlighting a member of the month. These members were chosen because they have made personal accomplishments and are an inspiration to our members and staff. Our outstanding members since the beginning of 2014 are:

| | |
|-----------|---------------------------|
| January: | Kathleen Burandt |
| February: | Kay Muehleman |
| March: | Marie Lawler |
| April: | Brian and Beth Davies |
| May: | Kathy Kressner |
| July: | Marx Drath |
| August: | Charlene & Richard Elmore |

If you know of a member that should be nominated for this honor, visit the fitness desk and fill out a nomination form to be placed in the box. One member will be highlighted each month. Feel free to speak with fitness desk floor staff with any questions!

Go Pink Bake Sale

**Monday, October 13,
9:00 a.m. to 1:00 p.m.**

Profits will support the Pink Ladies Relay for Life team with all donations going to the American Cancer Society. Help make our 10th Anniversary Walk in the Relay extra special by purchasing delicious cookies, cakes and dog treats donated by the staff and members of the Lindenhurst Health and Fitness Center.



FITKIDS FALL HOURS

Begin Friday, September 5, 2014

Monday - Thursday: 8:00 a.m. to 8:00 p.m.
Fridays: 8:00 a.m. to 5:00 p.m.
Saturdays and Sundays: 8:00 a.m. to 2:00 p.m.

Cell Phone Usage

Cell phone usage is prohibited on the Fitness Floor, track, Group Exercise studio's and locker room areas. If you are observed using your cell phone in any of these areas, a member of our staff will kindly remind you of our policy and ask that you use your cell phone in the café or lobby areas. Thank you in advance for your cooperation.



The Lindenhurst Health & Fitness Center participated in the Lindenfest Parade on Saturday, August 9th. They impressed the audience with an outstanding and powerful Bootcamp performance. Thank you to all the members that attended and helped cheer us on.

Fall Demo Sessions

Are you looking to change up your fitness routine this fall? During the months of September and October, we will be offering complimentary 30 minute demo sessions for a few of our newest and most popular fitness services! For more information or to reserve your space, please stop by the Fitness Desk or contact Kristina Wrezel at kwrezel@lfh.org.

September 15–September 21: Private Yoga
September 22–September 28: TRX Max
September 29–October 5: Pilates Reformer
October 6–October 12: Personal Training

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 e-mail kwrezel@lfh.org.

Pilates Reformer

The Pilates Reformer is an exercise machine that utilizes springs, leverage and body weight as resistance to target specific muscle groups. Controlled, flowing movements work your muscles through a full range of motion. Participants see changes in muscular and core strength, as well as increased endurance, flexibility and reduction in body fat. For more details about the Pilates Reformer, rates or to schedule a session, please contact Kristina Wrezel, Fitness Director, at 847.535.7038 or e-mail kwrezel@lfh.org.

Go Pink 50's Sock Hop Zumbathon

Friday, October 10, 5:30 - 8:30 p.m.

One hour dance party brought to you by the Zumbalicious team followed by appetizers, refreshments and more dancing! Prize will be given out to the best 50's costume. So dust off your poodle skirts and get ready to twist the night away. Register at the Front Desk or call 847.535.7601. Proceeds to benefit the American Cancer Society. Members: \$15 Non-members: \$20

Fitness Assessment

The Lindenhurst Health and Fitness Center will begin offering cholesterol screenings the third Friday of every month from September to November. Screenings will run from 7:30 a.m. until 9:30 a.m. and will include a free blood pressure check. The panel will include total cholesterol, HDL, triglycerides and blood glucose. Contact Brian Balkam to schedule an appointment 847.535.7621 or bbalkam@lfh.org. The dates for the screenings will be September 19, October 17 and November 21. Members \$25, Non-Members \$35



50's Kid's Dance Party

Friday, October 10, 5:30 p.m. - 8:00 p.m. Boys and girls will have a blast dancing to the oldies! We'll also be doing the Limbo and hold a Hula Hoop Contest! Light refreshments will be served. Sign up early! Cost \$10 per child. This is a fundraiser for the American Cancer Society for Go Pink Month.

HomeSchool Fitness Class

Session I:

Tuesdays, September 16 - October 21 (6 weeks)

Session II:

Tuesdays, November 4 - December 16 Ages 7 and up

Cost: \$40/members, \$45/non-members per session

Halloween Parade

Friday, October 31. Kids will parade and trick or treat throughout the day at the Lindenhurst Health and Fitness Center. Please have children dressed in costumes. Don't forget your camera!

Kids Painting Parties

Are you looking for a fun activity for the kids on days off of school? Here is the opportunity to involve your kids in a fun afternoon of art! Your child will participate in a class where all kids will be taught a step by step process and create a beautiful masterpiece canvas to take home. No artistic talent is needed! Ages 6 and up. Cost \$15 per child. Stop in at FITKIDS® to see an example of what project we will be painting.

Institute Day

Friday, October 10, 12:30 p.m. to 2:00 p.m.

Columbus Day

Monday, October 13, 12:30 p.m. to 2:00 p.m.

Veteran's Day

Tuesday, November 11, 12:30 p.m. to 2:00 p.m.

Join the Arthritis Foundation Aquatic Program

Do you have Arthritis, joint or muscular pain, and stiffness? It is proven that exercising in the warm water helps to alleviate joint pain and improve mobility. The next session of the Arthritis Program begins Monday, September 8. Classes are offered in 12 week sessions and held in the warm water therapy pool which is 92 degrees. Classes are taught by Arthritis Foundation certified instructors. To learn more about the program visit our website or pick-up a registration pamphlet at the Front Desk.

Members: Free

Non members: \$96 for 1 class per week

\$192 2 classes per week

\$288 3 classes per week

AQUATICS

Welcome back to the pools and thank you for your patronage. According to the U.S. Department of Health and Human Services, two and a half hours per week of aerobic physical activity can significantly reduce the risk of chronic illness and disease. We encourage you to integrate swimming into your workout regime. Aerobic and anaerobic benefits can be achieved within the same workout. The aerobic by maintaining your heart rate in a zone while building strength and endurance. Swimming is very adaptable, challenge yourself at your level, and build up your intensity. Stretching before and after is a must. Due to no impact, and stretching after, you can prevent injury and increase flexibility. Why not consider getting a group together and add swimming to your routine? We offer adult programming as well as our children's programming. An independent group consists of 4-6 adults that are of similar swimming ability and have the same availability. We also offer private and semiprivate lessons. Please contact the Aquatics department for more information at 847.535.7611 and allow us to assist you.

CHILDREN'S GROUP SWIM DATES

Session 7 is seven weeks from September 8 through October 25.

Session 8 is eight weeks October 27 through December 20 (Group lessons will not meet the week of Thanksgiving, November 24-29).

Member registration begins October 15 and non-member registration begins October 18.

The structure of our children's group swimming programming changes during the school year. Each group session meets seven times, once a week, either on Monday, Wednesday or Saturday. Members have the opportunity to register prior to non-member registration.

Supervised/Family swim is offered to our members only four times during the week:

Sunday 12:00 p.m.-2:00 p.m.

Tuesday 3:30 p.m.-5:30 p.m.

Friday 6:00 p.m.-8:00 p.m.

Saturday 12:00 p.m.-2:00 p.m.

Children must be members of FITKIDS® or pay a fee of \$10 to attend this supervised swim.

Please check our website for any updates to our program offerings at lindenhursthfc.com. Thank you for the opportunity to serve you in your continued commitment to a healthy lifestyle. We hope to see you in the pool!



Spa Specials

September: Back to School means let's get back to you. Pamper yourself with a 60 minute Signature Facial and get a free eyebrow wax at the time of your facial. Offer valid September 1 through September 30, 2014.

October: During the month of October book a 60 minute Signature massage or 60 minute Deep Tissue massage and get a free scented oil upgrade. This coconut and lime scented oil is a refreshing combination that provides enhanced skin protection and enhanced relaxation.

November: Help celebrate National Healthy Skin Month this November by booking a Signature facial and receive a 20% off coupon for the purchase of Bioelements products from the Pro Shop. Coupons will be given at the time of service.

Pro Shop Sale Events

September 15-21 Professional Skincare Products Up to 20% off

Come visit our pro shop and check out the latest in professional skincare products by Bioelements®. Purchase 1 item and receive 10% off, 2 items 15% off and 3 or more items 20% off your entire purchase.

October 20-26 Heart Smart Sale

October is Heart Smart awareness month. All models of Polar heart rate monitors are 20% off.

October 27-31 Spooky Savings

Spend \$35 get \$5 off, \$50 receive \$10 off your purchase, \$75 get \$15 off and over \$100 receive \$25.

Friday, November 28 Black Friday Pro Shop Sale

Get a head start on your holiday shopping! One Day only receive 25% off entire purchase. Spend over \$100 and receive a \$20 coupon towards your next Pro Shop purchase.