

Complimentary Guest Week: May 13 to May 19, 2014

Bring your friends and co-workers to your club for a complimentary workout.



- Did you misplace or lose your membership card? Stop by the front desk to purchase your new membership card at a discounted rate during the week of May 12.
- Starting May 1, we will no longer refund retro-active medical holds at Lake Forest or Lindenhurst Health and Fitness Center.
- Starting June 1, a \$25 fee will be added to your statement for insufficient funds.
- Lake Forest and Lindenhurst Health & Fitness Centers would like to remind you that both locations are alcohol, drug, and tobacco free campuses. Please refrain from bringing or using any of the aforementioned items onto campus at either location. Our goal is to help promote health and wellness and this is one way we can assist everyone to lead a healthier lifestyle. Please notify the front desk or management if you witness any violation of this policy. If anyone would like information on resources offered by Northwestern Medicine please inquire at the front desk and we can assist you.

Lake Forest Health & Fitness Summer Ironman Challenge

Join us this summer as you compete to finish an Ironman challenge. The goal is to complete a half Ironman or a full Ironman competition over the course of 4 weeks. This will include swimming 2.5 miles or optional 30 miles of rowing, biking 112 miles and running 26.2 miles. This challenge will begin July 14, 2014 and end August 10, 2014. Contact Bo Wright at 847.535.7139 or bowright@lfh.org with any questions.

MORE INFORMATION TO COME!!

Feel the BURN

this June and check out two HOT new classes that will blast fat and torch calories! Join us for Outdoor Boot Camp every Tuesday from 4:30 p.m.- 5:30 p.m. with Josh, where you will be taken through a high-intensity workout combining cardio circuits and strengthening exercises that will challenge your mental and physical toughness. Experience "Shockwave" every Thursday from 8:15 a.m.- 9:00 a.m. with Samantha and Julia! This circuit challenge is centered around short-burst, high-intensity intervals along with functional strength and sculpting stations designed to target and chisel the legs, core and upper body.

Lose to Win 2014

After another successful year, the Lake Forest Health & Fitness Center wants to congratulate all of this year's participants on their achievements. We reached a total of 1,087 lbs. of body weight lost and an average of 4.4% weight lost, making this the most successful Lose to Win yet!

"I never thought that I would come to love exercise but with the high-energy, positive attitude and the strong coaching of Anthony Simone I have physically transformed. The support of my team, other trainers and club members was paramount to my success. I would recommend Lose to Win to anyone who wants to lose weight and willing to make the effort."

– Lisa Abdula, 1st place team participant

"Jennie Mueller has challenged and motivated me and made steady progress even though initially there were some exercise restrictions. The best thing was Jennie getting me to the point where I could do 'Commit to be Fit' and then participate in the 'Lose to Win'. I loved the competition. It was hard work, challenging, motivating, and I accomplished my goal weight through diet, sessions with Jennie, and many workout classes."

– Shirley Morrison, 2nd place team participant

Stop by The Pro Shop

and check out all the latest trends in fitness and lifestyle apparel. We have new spring and summer merchandise arriving weekly.

∨ Lake Forest Health & Fitness Centers

New Pilates classes!

Check out our new Pilates Group Equipment class schedule! Join Debi Landry for our new Pilates Group Equipment class on Wednesday evenings during May and receive your second class free! You pick your two Wednesday's, pay only \$25, and receive two classes for the price of one. *This offer is valid for the Wednesday evening class only.* For more information, please contact Deb Valenti at 847.535.7117 or stop by the front desk to reserve your spot!

Flexibility Training

The Lake Forest Health & Fitness Center is now offering Flexibility Training for those looking to increase their flexibility and range of motion as part of a healthy fitness program. The American College of Sports Medicine recommends that adults perform stretching exercises at least 2-3 days each week to notice improvements in their flexibility. During each 30 minute session, a Certified Personal Trainer will guide you through personalized stretches that are tailored to your body and your goals. For more information, please contact Kristina Wrezel and 847.535.7038 or e-mail kwrezel@lfh.org.

Take advantage of our
Memorial Day Sale
from May 23-26 with 25% off
your entire purchase.





DOG WALK EVENTS

What better way to enjoy spring than to take a stroll with your favorite furry companion! Join Sam and her dog, Toby, as they lead you in a leisurely walk through the Lake Forest Health & Fitness Center campus and surrounding areas. The upcoming dog walks are scheduled for Saturday, May 31 and Saturday, June 21 at 10:00 a.m. Please register at the front desk!

Treat your parents to the gift of relaxation during Mother's Day & Father's Day

by purchasing a gift card. A break from the world and a chance to be pampered is just what the doctor ordered! The Spa at Lake Forest Health & Fitness Center is ready to give parents the full treatment this Mother's & Father's Day. Stop at the front desk today to purchase your gift card.

Mother's Day Yoga

Celebrate the gift of health with the women in your life! Bring your mother, daughter, sister or grandmother at no charge for this special Mother's Day yoga class on Sunda, May 11. Class is from 9:05 a.m. – 10:20 a.m. in the Banquet Room.

Stepping UP to Wellness 5K Run/1 Mile Walk

Whether you are an avid runner or looking to sign up for your first race, we can use your support! Join the Lake Forest Health & Fitness Center Team as we race to support Cancer research! The 10th Annual Stepping UP to Wellness 5K Run/1 Mile walk is taking place on Sunday, May 18 at 10:00 a.m. To register, visit cancerwellness.org and select team "Lake Forest Health & Fitness Center". We look forward to seeing you on the 18th!

Friday Funday coming to the Lake Forest Health & Fitness in June – Bring a friend and join Gemma as she goes "From Barre to Bar" on Friday, June 6. Start the night off by taking Gemma's Barre class from 5:30 p.m.- 6:15 p.m., then make your way to the Library to enjoy light appetizers and refreshments from 6:15 p.m.- 7:15 p.m. You will receive one raffle ticket for each guest you bring so round up the gang and get ready to have some FUN!

Arthrossage - With proven results in pain management, inflammation and range of motion, we think you'll agree that Arthrossage is not your typical massage. Regular massage of muscles and joints can lead to a significant reduction in pain for people with arthritis and fibromyalgia. Schedule your appointment with Irene or Candy today at 847.535.7000! *Mention our newsletter and receive 15% off your initial Arthrossage appointment through June 30!

Check out our new Group Exercise Schedules for the summer!

With beach season right around the corner, take your workout to the next level and try one of our many group exercise classes to get you beach ready! **Check out our special Memorial Day Weekend schedule from May 23 to May 26** and get excited for the NEW Summer group exercise schedule that begins on Tuesday, May 27.

Exercise is Medicine Month

– During the month of May, take advantage of our complimentary Fitness lectures to learn about the benefits of exercise and how exercise helps reduce the risk for heart disease. If you are looking for new workout styles, sign up for one of our Fitness workshops that will teach you about different exercise tools and how you can gain the most benefits during your workouts. Each lecture or workshop is presented by one of our Certified Personal Trainers and is designed to provide you with all the tools you need to maintain your healthy lifestyle. For more information, please contact Anthony Simone at 847.535.7140 or e-mail asimone@lfh.org. Sign up at the front desk today to reserve your spot!

In honor of Exercise is Medicine month,

throughout May enjoy half off basic Total Cholesterol and Glucose Testing. Make an appointment to have your total cholesterol and glucose checked during the month of May. Testing will take approximately 15 minutes and you'll receive your results the same day! This is normally a \$20 value for members (\$40 for non-members). If you would like to make an appointment contact Bo Wright at 847.535.7139 or e-mail bowright@lfh.org.

Calling All Annual Assessments!

Time to find out if all your hard work and sweat is making a difference! Members that joined during the month of May and June of 2013 are eligible to receive their free annual assessment. Schedule yours today!

FITKIDS®

Water Fridays

this summer from June 13 - August 15, 9:30 a.m. - 11:30 a.m., weather permitting, introduce your child with carefully supervised outdoor activities.

Ice Cream Social

We will have an ice cream social on Friday June 13 at 11:30 a.m.

FITKIDS® Fun Fair

on Saturday June 21, 10:00 a.m.-12:00 p.m. Children will enjoy games, playing in the Moon Walk, prizes, snacks and drinks!

Race Day Training Aquatic

Are you new to running, or just want a little more help to go a further distance? Race Day Training at Lindenhurst Health and Fitness will help you achieve your goals. For those looking to run a 5K or 10K we have a 6-week program to meet your needs; for those looking to train for a half marathon or longer we have a 14-week program. The cost includes a needs assessment conducted by our trainers, as well as video analysis of your stride. We will set goals and give you a personalized program to reach those goals. Both programs will not only have scheduled runs, but also strength, speed and agility workouts to increase speed and avoid injury in your quest. Trainers will also give you sports nutrition advice on pre and post workout nutrition and race day prep. Both experienced and first time runners are welcome! Priced at \$10 or less per training depending on which program you sign up for. For more information contact personal trainer Nikki Brooks at 847.535.7636 or e-mail nitierne@lfh.org. The program will begin on May 31 and be held on Saturday mornings.

The month of May brings us closer to summer and aquatic fun! Swimming and boating are some great ways to enjoy this special season. Safety around water is a must. We all get excited to jump right in upon our arrival at a new place. But we should always take the time when visiting a new pool, water park or lake to learn and follow the rules of the facility. All commercial pools have depth markers. Review these with your family before entering the pool to ensure their safety. Also, take a moment to educate family members on where the safety equipment is located. Be a good example and have safe fun around the water this summer. Illinois boating safety laws can be found at: www.Boat-ed.com/illinois/boating_law.html

Children's Swim

Children's Swim session programming in the summer is structured a little differently during the school year. Weekdays, we meet for 3 weeks, twice a week. However, Saturday, classes meet once a week, just like during the school year. Children's swim session dates for the months of May and June are as follows:

Session 4:

Mondays/Wednesdays or Tuesdays/Thursdays
June 9 – 27; Saturdays June 14 – August 16,
member registration begins May 28,
non-member registration begins May 31.

Session 5:

Mondays/Wednesdays or Tuesdays/Thursdays
July 7 – 24, member registration begins June 25,
non-member registration begins June 28.

Adult Swim

Adult Swim lessons are available in private, semiprivate or group lessons settings. Adult intermediate group lessons are available. Class will meet for 45 minutes, once a week for 4 weeks. The class requires the basic skill and ability to swim the front and back crawl for a distance of 25 yards. The focus will be building on these basic skills, improving technique and increasing endurance. Please look for the brochure in May for specific class days, dates, times and fees. Session dates are:
May 27 - June 19, member registration begins May 14; non-member registration begins May 17.

Members have the opportunity to register prior to non-members, so be sure to take advantage and register early. Please contact the Lindenhurst aquatic department office at 847.535.7611 with any questions or concerns. Again, we hope to see you in the pool!



Lose to Win 2014

Comes to an end. As a group, participants lost 745 pounds making an average loss of 9.43 pounds/person. This beat our previous best year by 60% and last year by 132%! Our winning Male and Female participants were the power couple of Brian and Elizabeth Davies. They lost 17.86% and 20.91% body weight respectively. Our winning team, the orange team, averaged an incredible 10.55% weight loss and 11.79% inches lost as a team. Here are a few of the great comments from this year's participants:

"How has 2014 L2W helped me? Well, Simply put... I got my life back! I can walk (and run now!) up my stairs without breathing heavy." – Shelly

"While this is NOT my first Lose to Win I have to say it is by far one of the best I have participated in. I have to thank my personal trainer as she ensured me that this years was completely different and I would enjoy it and have fun. She was so right" – Melodie

"This is the third year that I've been in the Lose to Win program, and it's my most successful year ever! I'm amazed at the transformation that my body has gone through in the past 8 weeks." – Sherry

"I think this year's Lose to Win program was the best yet. Not only has the weight loss been more than I ever thought I could lose in 8 weeks but we enjoyed the workouts more than ever." – Jenny

Congratulations again to all of our Lose to Win Participants, we loved the changes for this year's program and we have more in store for you next year. We'll see you all again in 2015!



May 11 is Mother's Day.

Don't forget to pamper Mom with a massage or facial in the Spa. Buy a gift certificate and receive a 20% off coupon for yourself.

Offer valid from May 1 to May 11.

Purchases can be made at the front desk.

The Spa

at Lindenhurst would like to announce the addition of Gail Jacobson, massage therapist, to the spa team. Gail is a nationally certified Massage Therapist and is accredited in CranioSacral Therapy, Lymph Drainage, Visceral Manipulation, Zero Balancing and Compassionate Touch. Treatments also include the benefits of Reconnection, Reiki, Myofascial Release, and Reflexology. Gail's specialties include relieving pain and discomfort, and decreasing anxiety. Many of the techniques used do not require skin to skin contact. You may want to maximize treatment time by wearing comfortable loose fitting clothing during treatment. She can work with you on the table or in a chair. Gail also has extensive experience in Hospice, Geriatric and Chair Massage. Gail will be offering chair massages as well as 20% off any massage service booked with her through May 31. Stop by the front desk and make an appointment with her today!

Group Exercise Introductory Classes

Want to learn the basics before trying out a class? Register for one of these introductory classes at the front desk.

Intro to Yoga, Thursday, May 15, 5:15 p.m. - 6:15 p.m. in the multi-purpose room

Intro to Bodypump, Wednesday, May 21, 4:30 p.m. - 5:00 p.m. in the main studio

Intro to Spin, Wednesday, May 21, 8:45 a.m. - 9:15 a.m. or Saturday, May 31, 8:15 a.m. - 8:45 a.m.

Intro to Step Thursday, May 22, 9:15 a.m. - 9:45 a.m. in the multi-purpose room or Saturday, May 31, 11:15 a.m. - 11:45 a.m. in the main studio

Intro to BodyCombat Saturday, June 7, 8:45 a.m. - 9:15 a.m. in the multi-purpose room.

Pilates Reformer Grand Re-Opening

Did you know that Lindenhurst Health and Fitness has Pilates Reformers? What's a reformer you ask? The reformer is the main piece of equipment used in Pilates exercise. The Reformer glides on rollers and uses springs for resistance and is highly versatile, facilitating hundreds of exercise variations in a no-impact manner. It also allows for three-dimensional movement and is suited for a wide variety of individuals - from rehab patient to pro-athlete. The Reformer facilitates balanced strength and flexibility, provides total musculo-skeletal conditioning and improves core conditioning and peripheral mobility.

Free Demos

During the Month of June, Lindenhurst Health & Fitness will be offering free demos on the reformers to find out what it's all about. We will be offering an extra 15% off any Pilates Reformer package bought during the month for first time clients (limit 1 discount). If you would like to sign up for a specific day or time for a demonstration please contact Jeff Olson at 847.535.7645 or jolson1@lfh.org.



Raising Money to Stomp out Cancer!

Friday, April 11, a fundraiser for the American Cancer Society was held from 6 - 8:00 p.m. A Disco Themed Step-a-Thon took place in the main studio and raised \$585.00. FITKIDS® hosted a Frozen party for girls and Unfrozen party for boys and raised \$500.00, for a grand total of \$1085.00! Thank you to all that participated in such a great event and for helping us make it such a huge success!

"My daughter, Charlotte, had a great time at the Frozen party. FITKIDS® does a great job and we will sign-up for more parties in the future" - member: Sarah Harvala



Playing 'Pin the Nose on Olaf' at the FITKIDS® Frozen fundraiser for American Cancer Society.

Birthday Parties

If you are looking for a fun and easy place to host your child's next birthday party, look no further than FITKIDS® at Lindenhurst Health & Fitness Center! Our party experts will help you create an event that will surprise and delight—and ensure that your child's birthday is hassle-free.

FITKIDS® will now be featuring some new and exciting birthday parties such as Frozen, Art Parties, Messy Fun, Pinkalicious, Super Heroes, Pool party, Gym party, Sports and more. We can also customize any birthday party created especially for your child. For more information about how FITKIDS® can handle your child's next birthday party, or to schedule the celebration, please contact Angela Fuggiti, Children's Programming Director, at 847. 535.7618.

Members, effective April 1st, our Dependent rate for ages 13-18 was increased to \$25 per child. Members who have children in that age group were notified by letter. FITKIDS® rates for ages 0 -12 remain the same - \$25 for the first child and \$10 each additional child.

Meditation Workshop

Slated for Saturday, June 7, from 9:30 a.m.-10:30 a.m. Meditation is a tested and proven method to enhance health. Take home several breathing and deep relaxation techniques to practice on your own. In as little as five minutes a day, this can make a difference. Just get comfortable and tune in! Please join our Instructor, Louise Domerchie. The Workshop fee per person: members \$8, non-members \$10

Pro Shop Sale Events

Mother's Day Sale

20% off

Women's apparel May 8 - 11

Father's Day Sale

20% off

Men's apparel June 12 - 15