

JULY CALENDAR : 2010

Club Hours: Monday - Friday 5:15am - 10:00pm | Saturday 8:00am - 6:00pm | Sunday 8:00am - 4:00pm



July	Weekdays	Open Basketball Sessions	12 - 2 pm
July	Saturdays	Open Basketball Sessions	9 - 12 pm
July	Thursdays	Open Court Volleyball is BACK! Co-Ed Open Play Volleyball	7:30 pm - 9:30 pm
July	Tuesdays	Beginners Squash Clinics	6 - 7 pm
July	Wednesdays	Intermediate Squash Clinics	6 - 7 pm
July	Saturdays	Advanced Squash Clinics	10 - 11 am
July	Fridays & Sundays	FREE Squash Challenge Courts - for more info contact Imran at ext. 150 or Peter at ext. 306	Fri: 4 - 8 pm Sun: 12 - 2 pm

July 1	Thursday	Toastmasters – in the Conference Room	12 pm
July 4	Sunday	Independence Day	Club Closed
July 15	Thursday	Toastmasters – in the Conference Room	12 pm
July 17	Saturday	Paws & Flow - Doggy Yoga & Socialization 45 Minutes of stretching for you and your pooch! Class is limited. Please register at the front desk or for more information contact ext. 221.	12 pm
July 28	Wednesday	FREE Guest Day! Have a friend of co-worker join you for a day of fun & fitness!	

• 4th of July weekend Club Hours:

Saturday, July 3rd 8:00 am - 2:00 pm
 Sunday, July 4th Closed
 Monday, July 5th 8:00 am - 2:00 pm

• **Personal Training Spring Special:** Buy a 6-pack of sessions and get 1 FREE session. Buy a 12-pack of sessions and get 2 FREE sessions. Valid throughout July.

• **2010 Summer Running Workouts:** New Group Exercise Class
 Whether you are training for a 5K, a half marathon, marathon, or triathlon - join Lakeshore's new Wednesday night running group. STARTS: Wednesday, June 7th at 6pm
 • Once per week coached training runs meeting for all levels at LSAC.
 • All levels are welcome.
 • No extra fee to participate.

• **Summer at the Spa package** \$250* (a \$330 value) Includes One Spa Pedicure, One 25 Minute Massage, One 50 Minute Glycolic Peel Facial, One 25 Minute Mystic Silk Salt Glow, and One Airbrush Tanning Treatment.

• **Last Chance on Airbrush Tanning Packages** priced at \$40 per session (a \$65 value) offer ends July 31st.

• **Friend or Fan Waves Spa on Facebook** and receive a special gift, visit www.LSAC.com for more info!

• **PILATES Spring/Summer Group Sessions continue!** A New 4 week Session began Monday, June 28th! Join one of the open classes and be addicted by Independence Day!

• **Complimentary Pilates sessions!** To the first two members who contact Mary Burns, Pilates Director, at Mary.Burns@lakeshoreathleticclubs.com and have not had a complimentary private session at LSAC Illinois Center in the past 6 months. Valid only until July 15th, so email her NOW with days/times that work with your schedule!

• **July 2010 COMPLIMENTARY Private Pilates** 30 minute demo sessions with all four fully certified Pilates Instructors! Simply contact Mary Burns, Pilates Director, and she will book you a session! Mary.Burns@lakeshoreathleticclubs.com Just email her days/times good for you...and she will find a way!

July 2010						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

• **Independence Day Special!** Have you and a friend always wanted to try a Pilates session together, on the full equipment, but just have never gotten around to it? JUST FOR JULY - A Pilates duet for \$99!!! Get into that studio - with a friend - AND our fully certified instructors - for 20% off JUST FOR JULY!!!

• **New Summer Group Fitness schedule** starts July 5th! Pick up a new Group Exercise schedule for details.

• **Remember the Roof Top Pool is now OPEN!**

• **Fitness in July - 12 Days of Fitness!** Watch for special events this month!

• **Do you know we offer corporate memberships?** Stop by the Membership office for details!

• **Get a workout buddy and \$AVE** with semi-private personal training sessions... or get a group of friends and \$AVE even more! (Group training for 3 to 5 persons). Call Andrew Knuth, Dir. of Personal Training at x 180, for details.

• **Tired of carrying your workout bag?** Rent a permanent locker today! Contact Richard at 312.616.9000 ext. 268

• **Basketball Training Sessions** - The Lakeshore Athletic Club provides Basketball Training Sessions for one on one basketball skill development for members as well as non-members. Each individual is evaluated and given a special basketball development program. Program concentrates on the basic basketball fundamentals with specific areas of shooting, ball handling, rebounding, and skill moves. Available: Mon. - Sat. in 1, 6 or 12 Packs. For more info contact Reggie Armstrong at x 143.

• **Physical Therapy** - at Accelerated Rehabilitation Centers. Members will have the convenience of receiving physical therapy, complimentary injury evaluation and physician referrals without leaving the comfort of the club. Please feel free to visit with an Accelerated Therapist on level *1.

