

# MARCH CALENDAR : 2010

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



March	Weekdays	<b>Open Basketball Sessions</b>	12 - 2 pm
March	Saturdays	<b>Open Basketball Sessions</b>	9 - 12 pm
March	Thursdays	<b>Co-Ed Open Play Volleyball</b>	6:30 pm - 8:30 pm
March	Tuesdays	<b>Beginners Squash Clinics</b>	6 - 7 pm
March	Wednesdays	<b>Intermediate Squash Clinics</b>	6 - 7 pm
March	Saturdays	<b>Advanced Squash Clinics</b>	10 - 11 am
March	Fridays & Sundays	<b>FREE Squash Challenge Courts</b> - for more info contact Imran at ext. 150 or Peter at ext. 306	Fri: 4 - 8 pm Sun: 12 - 2 pm
March 1	Monday	<b>Pilates Winter II Session Begins</b> Are you signed up for your class?	
March 3	Wednesday	<b>CPR Training</b> - contact Citywide CPR & AED Services 866-757-5453	4:30 pm - 8:30 pm
March 4	Thursday	<b>Toastmasters</b> - in the Conference Room	12 pm
March 6	Saturday	<b>Heartbeats for Haiti</b>	9 am - 1 pm

March 13	Saturday	<b>CPR Training</b>	10 am - 2 pm
March 17	Wednesday	<b>St. Patrick's Day</b>	5:30 pm
March 18	Thursday	<b>Toastmasters</b> - in the Conference Room	12 pm
March 20	Saturday	<b>Spring Olympics</b>	9:30 am
March 20	Saturday	<b>Paws &amp; Flow - Doggy Yoga &amp; Socialization</b> 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
March 24	Wednesday	<b>Pet First Aid Class</b> cost \$45	5:30 pm - 8:30 pm
March 24	Wednesday	<b>FREE Guest Day</b>	
March 25	Friday	<b>CPR Training</b>	10 am - noon
March 31	Wednesday	<b>GUEST DAY! Free Intro to Reformer/Small Accessory class</b> - w/ Mary - sign up at the Front Desk!	1-2 pm

• **Heartbeats for Haiti:** On Saturday March 6th from 9am - 1pm, the fitness industry is coming together at Lakeshore to help raise money for the victims of the earthquake in Haiti. We want you to be a part of it! Your minimum donation of \$20 will include 4 hours of over 20 classes taking place in 3 Group Exercise Studios, the pool, the treadmills, and the basketball court of Lakeshore, a Heartbeats For Haiti T-Shirt, raffle prizes, food and fun! Let's help make a difference as our heart beats for Haiti. Please bring a check made out to Partners In Health (\$20 minimum) or bring your receipt from your online donation to PIH at <http://www.standwithhaiti.org/page/event/detail/organizingforhaiti/wrbh> Non-members welcome, pre-registration required. For more information or to register, please contact Becky Solomon Group Exercise Director at 312.616.9000 ext 221 or Becky.Solomon@LakeshoreAthleticClubs.com

• **SPRING OLYMPICS: 10 Events to challenge all areas of fitness**  
Chin Ups Push Ups Agility Drills Medicine Ball Throws Sprinting  
Pilates Yoga Basketball Drills Wall Climbing 2-Mile Run  
When: March 20, 2010 Where: Lakeshore Athletic Club, Illinois Center  
Time: Starting at 9:30am Prizes: 3 Pilates sessions, Heart Rate Monitor, Fitness Consultations, Guest Passes to all Participants and more. Register at the front desk or contact Andy Knuth at 312.616.9000 by March 15, 2010. No entry fee.

• **A Taste of Climbing! For only \$10 we'll give you a little "taste" of The Wall.**

• **Personal Training March Special:** Get a Sweet 16 personal training sessions for an Elite 8 dollars OFF each session OR Get an Elite 8 personal training sessions for a Final 4 dollars OFF each session. Offer expires March 31st. Limit 2 packages per customer.

• **Madness of March:** Get a Sweet 16 Pilates Sessions for an Elite 8 dollars OFF each session - \$75/session or Get an Elite 8 Pilates Sessions for a Final 4 dollars OFF each session - \$79/session. Valid during the month of March ONLY. Limit 2 packages per person. All sessions expire 6 months from date of purchase. Contact Mary Burns, Pilates Director, at ext 213; mary.burns@lakeshoreathleticclubs.com to get set up with a Pilates Instructor trainer, or for more information.

• **Massage & Manicure Madness Money Saving Packages Available this March Only!** Final 4 Packs of Massages as low as \$250. Final 4, Elite 8 and Sweet 16 packs of Manicures as low as \$16 per Manicure.

• **PILATES Winter 2 Session begins Monday March 1st:** Sign up at the Front desk!

• **Complimentary Pilates sessions!** To the first four members who contact Mary Burns, Pilates Director, at Mary.Burns@lakeshoreathleticclubs.com and have not had a complimentary session at LSAC Illinois Center in the past 6 months. Valid only until March 10th, so email her NOW!

• **Complimentary Pilates Reformer class for you and your guest on FREE Guest Day** March 31st! 1-2 PM with Mary - be sure to sign up at the front desk - spots go fast!

• **Remember—Pilates Bikini & Speedo Parade** in LSAC in May 2010! No bathing suit required; simply choose the outfit of your choice you wish to wear by May 2010; reach your goal by isolation of muscles you did not know existed, via Pilates! Are you ready?

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

• **Get a Pilates buddy and SAVE!** Grab a friend for a duet session in the Pilates studio! Pilates can help to lengthen the body and improve muscular balance, symmetry and control. With golf season approaching, now's the time to work on your spine's flexibility and your rotational power! Contact Mary Burns, Fitness & Pilates Director at ext. 213 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.

March 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			

