

# NEWSLETTER *Summer 2010*

## LAKESHORE ATHLETIC CLUB – ILLINOIS CENTER

**Have** you stop seeing results from your workout? Are you bored with the exercises you have been doing? Having a hard time motivating yourself? Lakeshore has the solution for you, it's called Beach Body Boot Camp with Becky.

Starting on May 17, fourteen people made the conscious effort to commit to getting to the club at 6:30 in the morning, on Mondays and Thursdays for six weeks to get their butts kicked. What exactly are they subjecting themselves to twice a week?

### BEACH BODY BOOT CAMP *with Becky*



Beach Body Boot Camp is a six week boot camp style workout program, designed for both men and women who are ready for a challenge, and have the desire to get their body beach ready. The workout is created to be extreme, with the goal of seeing actual changes in your body in six weeks. Since their commitment they have subjected themselves to a variety of both cardiovascular and muscle conditioning exercises designed to take their fitness to the next level. Ready or not, this class which takes place on the rooftop is intense, advanced, and promises to have you swearing at the instructor the next day when you feel it in every part of your body. Just ask the participants!

### Top 10 reasons to try Beach Body

1. Sometimes the hardest part is getting yourself here. This program helps you to commit. Afterall, you are paying for it!
2. You spend so much of your day inside. What an amazing way to start your day/ week, to have an hour spent outside pushing your body to its extreme and completing your workout for the day.
3. The class is limited to 15 people helping to give you that individual instruction and motivation that you may not get in a larger class.
4. The program is designed to be HARD. It is not mixed level as other classes may be. You will be encouraged to take your body to the next level.
5. You are working out with the same group of people for 12 sessions. It's great to have pals there to motivate you.
6. It is open to non-members. Have you been wanting to work out with your non-member friend? Have them register and take the class with you. Get them addicted to Lakeshore like you are!
7. Summer is right around the corner!
8. You know you probably won't push yourself this hard on your own.
9. Hurts so good..
10. Ow.

Next six week session starts Thursday July 8th. 12 sessions (6 weeks) \$150 members. \$187.50 Non-Members. Registration is taken on a first come, first served basis and must be paid in full to hold your slot. Please register at the front desk or for more information contact Becky Solomon at [Becky.Solomon@LakeshoreAthleticClubs.com](mailto:Becky.Solomon@LakeshoreAthleticClubs.com) or 312.616.9000 x 221

## Lakeshore Launches New Running Group

Now that spring has arrived in Chicago, you have probably noticed that the running path has drawn runners out of hibernation. While many are gearing up for a fall half marathon or marathon, many more are new to the sport and have made 2010 the year they will get in excellent shape using running as their primary exercise method. Indeed, participation in running and in road races such as a marathon is at an all-time high and continues to grow each year. Each year, more and more runners use races ranging from a 5K to a triathlon to a marathon as their summertime goal - a way to gauge their fitness and to stay on track year after year.

Runners take to the path for a number of reasons including to lose weight, improve bone health, improve their cardiovascular health and other physical and psychological benefits. A 2009 Stanford University study by Professor Emeritus James Freis, M.D. bears this out. This study published in the Archives of Internal Medicine examined the long-term effects of running and tracked over 1000 runners and non-runners for a 21 year period. The results were compelling: the runners in the study had a 39% lower mortality rate than the non-runners, had far less physical disabilities and running actually slowed the aging process. Moreover, a companion article to the study allayed concerns that running might cause long-term damage to knees as well as arthritis - these concerns fell flat when looking at the evidence that found that running was not associated with greater rates of osteoarthritis and that runners also do not require more total knee replacements than non-runners.

Perhaps the greatest reason people have taken to running as their primary

form of exercise stems from their busy lifestyle. Running is perhaps the most convenient form of exercise in that it can be done practically anywhere and at any time. There is no need to join a league or reserve a time. If finding 45 minutes in your busy day is challenging, then running may be the perfect form of exercise for you.

And, finally, running is about camaraderie - running with others can provide the motivation for you to reach your goals and can, quite simply, be a great deal of fun and a way to connect with others looking to achieve similar goals as you are.

Starting on Wednesday, June 8th, Lakeshore will be offering fully coached workouts every Wednesday for all levels of runners. These workouts will be tailored to each runner from beginners to those looking to set a new PR in 2010. We would love to have you join us this summer and allow us to work with you to set and achieve whatever goals you may have. For more information, contact Jacque Scaramella at 312.616.9000 x 211.



## PILATES for MEN?

### ASK OUR LATEST ADDICT – MEDIUM MIKE

(FORMERLY KNOWN AS BIG MIKE!)

Men? Do Pilates? That's a stretch thing – just for women, right?

WRONG!

And ask one of our latest addicts, Karmichael Reed, who goes simply by Mike, one of the staff's favorite members due to his friendly demeanor and happy smile! Now – first, we clarify – he was once Big Mike, and thanks only to himself, not Pilates, he is now fondly nicknamed Medium Mike, or M2 – since he has lost over 100 pounds! He can still lift small buildings with a single press, he just has less weight on his own body when working out! Yeah Mike!



Now – how did M2 get into Pilates?

One afternoon I simply brought the Exo chair – one piece of Pilates equipment – over onto the basketball court, to hopefully entice some of the men into trying an exercise or two. Just a simple Pike exercise, earmarking the lower abdominal muscle, or transverse abdominus, an area where few traditional “crunches” ever properly

engage. Sure, if an instructor has been doing it for twenty years, it looks easy – of course strong men on the court could do it, right?

WRONG!

BUT get someone like Medium Mike to try an exercise that points out where strength is needed, and this positive man dove right into Pilates – to both “...improve my flexibility as well as to strengthen my core.”

Core? What the puppy is that?

The core is a not just the outer muscles of the center of the body but also the deep inner stabilizing muscles of the pelvis, abdomen, and back -- the core muscles. Core strength supports the back and neck, giving us healthy posture and freeing the joints to allow a natural flexibility of the limbs.

As Margaret Ogle states in her January 2010 blog on Pilates in [www.about.com](http://www.about.com):

“Core strength, flexibility, balance, uniform development, and efficient movement patterns – all are hallmarks of Pilates training and highly relevant to men's fitness. Pilates...emphasizes moving from the center of the body, the powerhouse, and developing core strength in the deep muscles of the center to stabilize the trunk and protect the back. This kind of core training makes Pilates an excellent technique for whole-body fitness, as well as a foundation for cross training with other kinds of sports and exercise.”

However, Pilates AIN'T easy, it AIN'T relaxing (though you feel great after class!), and once you get your form correct – BABY WE WHIP YOUR BUTT!

Now being an empassioned NYC girl, who loves her NY Giants with a passion – I could not leave out this quote from Mary Bange's website and article, “Pilates for Men”

“Pilates has helped me stay on the field and off the training table.”

R. W. McQuarters, New York Giants cornerback, hasn't had a muscle pull since he started Pilates training.

Not a bad reason to try it for this coming June session...try two classes a week for four weeks at \$250 – see how it feels. Just like Loreal products – Pilates - You are worth it!

People often underestimate the exertion level of Pilates. Some Pilates addicts find it too much to do a full Pilates class and cardio on the same day. So as you begin cross training, stick with alternate days or do a very light Pilates workout on a cardio day, and build up.

But back to Medium Mike...and why Pilates is for all...

Mike is constantly raving to friends and colleagues about his Pilates experience:

...no matter how much weight training you do you will not know how strong you truly are until you get on the reformer or the chair. The chair and reformer test your balance and strength in ways that an average weight training session does not!

In a workshop class during Taste of Pilates, Mike tried the Basketball Pro workshop – with specific exercises earmarked for a star on the court; as well as POOLATES! - Pilates in the Pool – and multiple equipment classes. He attends mat classes when he can, and is now enrolled in two Pilates equipment classes per week – with two different instructors, Deidra Cowan, and Elizabeth Shy, our latest, great addition to our Pilates staff, and Mike began with the Pilates reformer with that weird Pilates Director @ LSAC-IL (me!).

His reaction to our broad range of teaching styles was again positive (no wonder we love him here!):

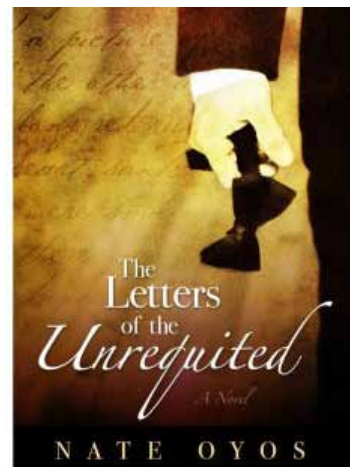
“My experience with the different instructors is informative. Each instructor challenges you to improve your body. The three instructors I have taken Pilates with have helped me truly visualize the

movements and how it translates into athletics...The group classes are relatively inexpensive and are very challenging. I enjoy the way the instructors work with me to improve my form.”

What about your form? Time to improve?

Call that weird Pilates Director with the multiple accents @312-616-9000 x213 or email her [mary.burns@lakshoathleticclubs.com](mailto:mary.burns@lakshoathleticclubs.com) and let's get you as strong as Medium Mike!

Or a least as sweet!



### The Letters of the Unrequited

Our very own Nate Oyos has just released his first novel, “The Letters of the Unrequited”. We are very excited to have a published writer on staff here at Lakeshore Athletic Club.

Nate has been a climbing instructor at LSAC for the past seven years and was named employee of the year in 2009. He also is an educator and volunteers at a pediatrics department in a local hospital.

“The Letters of the Unrequited” is a gripping mystery/love story that you won't be able to put down. You can read an excerpt from Nate's book or purchase the book at [www.nateoyos.com](http://www.nateoyos.com). Then come on down to the climbing wall to meet Nate and have it personalized.

## I was born to do yoga. I am, a dogi.

Within months of my birth I perfected my downward and upward dog along with my practice of doing these stretches each and every time I get up. So five years ago when my human decided to create a yoga class just for my sister and me, we were thrilled. Ok, well I was thrilled. Chloe much prefers her fluffy cat bed over a yoga mat. Soon however, she got into it as much as I did. What dog wouldn't love being held and massaged, gently encouraged to be led into positions that I had no idea these hind legs could do. Then held in a warm lap as our mom meditates as peaceful happy thoughts softly enter and leave her mind (ya know, like the corner of the fence, young female yorkies and baby carrots.) This doga is bliss.

At the time I had no idea we soon would be sharing this intimate moment where the focus was totally and completely about me, oh, and Chloe. Soon enough it was time to share this experience with my fellow canines and their humans. Paws and Flow became the name of the class that in no time became a monthly event at Lakeshore Athletic Club. Dogs of every shape, size and scent soon flocked to our class. (those people all look the same to me). Being the largest dog, well all right yes, it's true I do only weigh six

pounds. You people don't understand in the dog world size doesn't always matter. I AM in charge here.

I'm sure many of you dogs that are fortunate enough to have a human that is taking the time to read this to you, are wondering what exactly do we do in



Paws and Flow? I will let my sister Chloe explain a bit more about the practice.

\*Lots of dogs come in the room. Cubby barks. Dogs are let off leashes and run like maniacs while humans point and laugh and throw toys and take pictures. I sit on the mat calm and composed every now and then glaring up at mom with a sweet but hopeful look of "can I get a pick up?" After about ten minutes dogs and humans go to their mats that are placed in a circle as humans each introduce themselves and their best friends. Cubby barks. I may shake, depending on the glare I'm getting from the mutt across the room. Mom explains the purpose of the class and what exactly we should all expect to get out of it. Class begins. Cubby barks. We start with meditation as everyone begins to chill out. Ah, my favorite part begins as we get a gentle massage and all the other crazy loud high strung dogs begin to chill out and relax. Finally a quiet room as our

humans are instructed on just how to get us to relax. While if you ask me, they are the ones learning how to relax. We have nooooo problem with that. We are just feeding off their energy. After all is calm and quiet, Cubby barks again I'm sure just to let everyone know it's time for some movement. We stretch a bit, they stretch more. The ebb and flow of the peaceful calm, along with someone running off to mark a corner, or challenge Cubby to a bark off, all leads to the beauty of what makes each class unique. Finally we wrap it up with a final meditation and then back to play time! (I don't do play time) I have no desire to be a chew stick like Sir Alfred, one of our regular weiner dogs. Nor do I need to be the attention hog that Bart the Cavalier King Charles Spaniel seems to always become. Although he is quite handsome I must admit. Unlike Boo, the pom who loves every other dog but will not let any other human than his mom touch him, I love to be held and picked up and..... oh enough about me. Cubby barks.\*

And there you have it. I am fortunate enough to be the top dogi in our regular Paws and Flow Doga class. It has led to lots of attention for Chloe and me. We have been featured in many tv shows and publications which all end up being so much fun. Who knew at almost 10 years of age Chloe and I would even become models and get to show off our downward dog for David Sutton! Interested in bringing your human to a class? Classes are free for your friends and their human members, and you can bring your non-member friend and their human compliments of Chloe and me on their first visit. Classes are once a month on Saturdays from 12-1pm. Please contact my human, Becky Solomon at [becky.solomon@lakeshoreathleticclubs.com](mailto:becky.solomon@lakeshoreathleticclubs.com) or log onto [LSAC.com](http://LSAC.com) for all the details. We would love to see you there to help you get your zen on.

Woof.



Dogi Yoga Photos:  
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## LAKESHORE- ILLINOIS CENTER HOSTS MEMBER NBA PRE-DRAFT WORKOUT

The beginning of spring starts with the beginning of "DREAMS". As the NBA conference finals gear up, the college hopefuls are making their way toward their future NBA stardom. Tonight marks the 2010 NBA Draft Lottery, where teams will find out where their selection seeding for the June 24th NBA Draft at Madison Square Garden. The Lakeshore Athletic Club is proud to have been a small part in one young mans life as our own Illinois Center Member - Ryan Richards is a top NBA Prospect in the 2010 draft. Ryan had his first NBA Pre-Draft Workout on Friday May 14th under the watchful eye of (5) NBA Team Representatives. The NBA pool of Memphis Grizzlies, Toronto Raptors, Milwaukee Bucks, Detroit Pistons, and Indiana Pacers were all on hand. Ryan just celebrated his 19th birthday relocating from London and has been working out at the Lakeshore Athletic Club for the past five weeks.

In the last two years Ryan has been playing his professional basketball in Spain averaging just around 15 points and 7 rebounds. Ryan has been emerged in two-a-day workouts and many of the NBA teams that witnessed Friday's performance are extremely high on his potential. As the NBA Draft moves closer Ryan will continue to workout for teams around the NBA planning for a future at the next level. On behalf of the Lakeshore Illinois Center family we wish him all the best of luck as he presses forward for NBA success. Thanks to all the NBA teams that were on hand and we hope to see you soon. The Lakeshore Athletic Club - Illinois Center "where the stars come out to play".



# Climbing Fun

Climbing is not only fun, but it is a great way to work out, meet people and learn about the environment. Many climbers are involved with organizations that are environmentally conscious and follow the ethics of Leave No Trace while climbing, camping and hiking.



Our climbing staff tries to help promote outdoor education by teaching members and climbing partners what it is to be an educated climber. Many of us support organizations like The Access Fund, which not only helps keep climbing open in many areas, but also educates climbers and non-climbers about our impact on the land.

If you would like to find out more information about climbing, environmental issues or The Access Fund come on down to the wall.

It's never too late to start climbing! Please contact Lauren at 312.616.1087 x 281 for more information.

## A HEALTHY TAN IS A SPRAY AWAY

at Waves Spa

Waves spa has offered Airbrush tanning as a service for over three years. We pride ourselves on our very advanced Airbrush Technicians. We use Norvell Amber Sun; the best airbrush solution currently on the market. We offer three different solution color options, Clear (no cosmetic bronzer), Regular and Dark (both with bronzers).

### Frequently asked questions:

Q. What is a Professional Airbrush Tan?

A: A professional service is when an airbrush technician uses an airbrush machine to spray a mist of self-tanning solution onto your body, head to toe. You have the opportunity to have your airbrush tanning treatment custom, by choosing from a variety of color options.

Q. How do self-tanners in Airbrush Tanning work?

A: The principle tanning agent used in all self-tanning formulas is dihydroxyacetone (DHA). This ingredient creates a tanned appearance by developing a brown color on the surface of the skin. The action of DHA is limited to the upper layer of the skin and involves a reaction between DHA and skin proteins and oxygen that produces brown compounds. The development of color takes anywhere from 2 to 4 hours and the intensity of color is dependant upon the DHA concentration in the product as well as each tanner's individual skin characteristics. The color developed by the DHA usually lasts 5 to 7 days and

begins to fade as the top layer of the skin naturally exfoliates.

Q. Is using a self-tanner safe?

A: DHA, the main ingredient in self-tanners, is FDA approved. The FDA has approved DHA to be used in creams, lotions and solutions to be used topically on the body. DHA has also been approved and as a food grade product safe for ingestion, to be used in the health supplements. DHA has no detrimental effects on the body and contains no known toxins or allergens.

Q. How long should I wait to shower after an Airbrush Tanning Session?

A: It is best to wait about 6 hours after using a self-tanner before you bathe or shower to give the DHA time to fully react with skin proteins. We recommend 12 hours or longer for best results.

Q. Can I workout before or after my Airbrush Tanning Session?

A: Before, yes. You have to allow yourself and your body time to cool down after your workout. When you have reached your natural body temperature, you can then shower and rinse before your tanning session.

You cannot workout directly after a tanning session. You must avoid any activities that may cause you to sweat excessively and possibly cause streaking of the cosmetic bronzer. For best results avoid your workout until the following day after you have showered for the first time. You should also wear dark colored, loose fitting clothing after your session. The cosmetic tint is water-soluble; therefore, in most cases it will come out of clothing in the wash.

Resources: <http://www.norvelltanning.com>

Lakeshore welcomes



LSAC welcomes OrganicLife to the Club. OrganicLife was named one of the top 5 emerging companies in the USA for 2009 by Entrepreneur Magazine. They will be re-opening the Member Lounge with an array of services and healthy menu selections never before offered here. Thanks to all members who participated in the Food Service & Member Lounge Surveys. All of your input was invaluable. Expected grand re-opening is on or around July 1st!



Waves Tanning Packages now available in time for **Spring Breaks, Proms, Weddings, Vacations & Parties**

A Custom Sunless Tan is Airbrushed by one of our Tanning Technicians to create the Tan of your Dreams in minutes.

1 TAN \$65	3 TAN \$150	6 TAN \$240
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**Waves**  
A LAKESHORE SPA

\*Applies to Member Prices only. Can not be combined with any other offer. Limited time only.

**15% off** **One Airbrush Tanning Treatment**

Valid on One regular priced Tan, only with coupon. One coupon per customer. Expires: 07.31.2010