




June Monthly Calendar of Events 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Northwestern Medicine Lake Forest and Lindenhurst Health and Fitness Centers		Our Annual 5K is Sunday, September 10. Register at www.lakeforesthfc.com/5k to participate, sponsor or donate. Contact HFC5k@nm.org for more information. PROMO CODES: EARLYBIRD17 = 15% off (Ending July 22 nd) LFHFCM = 10% off LHHFCM = 10% off			2	3
					Tails n' Trails Dog Walking Event 10 a.m. Register at Front Desk	
4	5	6	7	8	9	10
Last day to register for the Summer Fitness Challenge!	Summer Fitness Challenge runs 6/5 – 7/16 \$10 Registration at Front Desk	Video Cycle Ride 9:15-10:30 a.m. <i>Must pickup bike tag at Front Desk.</i> Blood Glucose Screening (Fasting/Non-Fasting Results) 10-11 a.m.	<div style="border: 1px solid black; padding: 5px;"> Teen Youth Certifications available to 13 and 14 year olds looking to join the gym. Cost is \$35 for the certification. Contact Bo @ bowright@nm.org to schedule appointment. *Additional Membership Fees Required </div>		Outdoor Yoga 4 –5:15 p.m. Register at Front Desk	
Locker Rentals Available! Tired of bringing your exercise gear every day? Utilize the convenience of a permanent locker! For more info, contact Amanda at amesser@nm.org		13	14	15	16	17
		Stride & Stretch Walking Program Every Tuesday in June 10:15-11:15 a.m. Register at Front Desk	Foam Roller Class Challenge Take 6 classes June-August and receive a gift! <i>Pick up a punch card at Front Desk</i>	Blood Glucose Screening (Fasting/Non-Fasting Results) 9-10 a.m.		
18	19	20	21	22	23	24
Happy Father's Day!				Blood Glucose Screening (Fasting/Non-Fasting Results) 5-6 p.m.	<div style="border: 1px solid black; padding: 5px;"> Youth n' Wellness 4-week program designed to challenge youth in all components of fitness while building confidence and motivation. Mondays, June 26-July 17 Ages 8-12 y/o 2-3 p.m. Ages 13-16 y/o 3-4 p.m. <i>Space is limited.</i> Register at Front Desk. </div>	
25	26	27	28	29		
Lost Membership Card? Stop at Front Desk to purchase your replacement card for only \$5.00	Break the Nighttime Snacking Habit 10:30-11:15 a.m. 	<div style="border: 1px solid black; padding: 5px;"> Come learn tips and strategies for freeing yourself from nighttime snacking, and take back control of your healthy diet! Register at the Front Desk or contact Anthony @ asimone@nm.org for more information. </div>				