

## Don't forget about that special someone this Valentine's Day.

The Spa can help make gift giving easier! A spa gift card is ideal for all occasions. We offer gift certificates for all of our services. Stop by the Front Desk today and purchase a gift certificate for Valentine's Day.

**Remember TECHNOLOGY IS NOT ALLOWED IN THE LOCKER ROOMS! This includes cell phones, laptops, and notepads, etc!**

## Current Policies

As we begin a new year we would like to remind you about a few policies at both Lake Forest and Lindenhurst Health and Fitness Centers:

**Medical Holds** – Your membership can be placed on a medical hold for up to 6 months at a time with a doctor's note.

**Bridging** – Your membership can be "frozen" for up to 6 months by paying 1/3 of your monthly dues. Yearly memberships cannot be bridged.

**Cancellations** – We require a 30 day written notification to cancel your membership. We must receive the written notification either by email or completing a cancellation form by the first of the month to cancel that same month.

Please call the Membership Department at 847.535.7064 at Lake Forest or 847.535.7601 at Lindenhurst for more details regarding your membership or our policies!

## Member Etiquette Reminders:

Whether this is your first time joining a club or you are a veteran gym-goer, please follow our etiquette guidelines to help make everyone's workout experience the best it can be. Our etiquette guidelines are listed on our website, [Lakeforesthfc.com](http://Lakeforesthfc.com) or [Lindenhursthfc.com](http://Lindenhursthfc.com). Click on the membership tab, membership etiquette and guidelines.

## Have you lost your membership card?

Take advantage of our special during the month of March and purchase a new card at 50% off!

## Give us your opinion for a chance to win \$100 Club Cash

Tell us how we're doing by completing our Annual Member Survey, which gives important feedback on your experience at Lake Forest Health & Fitness Center and how we can make it even better. Please complete the survey by March 15, 2015 either on our websites or pick up a paper version at the front desks.

### EASTER HOLIDAY CLUB HOURS SUNDAY, APRIL 5, 2015

**Lake Forest Health & Fitness Center**  
Facility 7:00 a.m. – 1:00 p.m.  
FITKIDS will be closed

**Lindenhurst Health & Fitness Center** Facility will be closed.



### ^ Hospital Construction Update

Work is underway to create Northwestern Medicine's new, state-of-the-art Lake Forest hospital and redesigned campus. A new campus access road from U.S. Route 41 is complete, the first of more than 700 new trees have been planted and several landscaped mounds, called drumlins, have been installed.

As the project moves forward, it is important the community is aware of some temporary changes to parking and campus access. The changes will particularly affect patients and visitors of the 700, 800 and 900 medical office buildings. Parking and access for the main hospital remains the same.

Beginning in January, the lots on the east and west of the Bays (900) Medical Building will be designated for patients and visitors only and the former patient

lot north of the 900 building will close. Complimentary valet parking service is available at the main entrances of both the 800 and 900 medical buildings.

Patients and visitors of the 700, 800 and 900 medical buildings will enter campus from Westmoreland Road through the access road that also leads to the Emergency Department. Please look for the signs to direct you to parking.

More information is also available on a special website created to provide regular project updates at [nlfh.nm.org](http://nlfh.nm.org). We apologize for any inconvenience and thank you for your patience as we create a destination for health, wellness and civic enjoyment in Lake Forest.

## Introducing the Body Gem!

Are you struggling to reach your ideal weight? Stop guessing and start measuring! The Body Gem will provide you with your RMR, or Resting Metabolic Rate. Your RMR can act as your “guide” when determining how many calories you need to consume in order to meet and exceed your weight loss goals. Contact: Bo Wright (Lake Forest) at 847.535.7139 or email [bowright@nm.org](mailto:bowright@nm.org); Brian Balkam (Lindenhurst) at 857.535.7621 or email [bbalkam@nm.org](mailto:bbalkam@nm.org)  
1 Session \$60      3 Sessions \$150  
5 Sessions \$200



## HEART HEALTHY COOKING TIPS

To find out better ways to eat healthy or reach a nutrition goal, contact our Nutrition Coaches today! For more information on Nutrition Coaching contact Anthony Simone at 847.535.7140 or [asimone@nm.org](mailto:asimone@nm.org).

## Join us by wearing RED

every Friday during the month of February to support healthy hearts and cardiovascular disease awareness.

## Corporate Wellness

Lake Forest and Lindenhurst Health and Fitness Centers can help increase the productivity of your employees, improve their health and potentially lower your insurance. Learn more about our services and programs by contacting Anthony Simone at 847.535.7140 or [asimone@nm.org](mailto:asimone@nm.org).

## PHYSICAL THERAPY

Lake Forest Health & Fitness Center houses one of the most experienced and comprehensive Sports Medicine and Physical Therapy facilities in the county. We have been located in suite 200 since the club opened in January of 1994. Our rehab staff of full time therapists average 21 years experience in the field, and hold five advanced degrees and four specialty certifications.

Our range of services include treating injuries from athletic or exercise activities, rehabilitation following orthopedic or other surgery, neurological conditions, temporomandibular joint dysfunction, and Women's Health and pelvic disorders. Other services include custom foot orthotic construction, movement disorder clinic, and aquatic therapy. We offer a wide range of screenings including golf, running, and posture. We are conveniently located, have hours from 7:00 a.m. to 8:00 p.m. and look forward to meeting your rehabilitation needs. Stop in and see why our clients are so satisfied and recommend us to others or call 847.535.7550 for more information!

## Lake Forest Health & Fitness Center

### Private Yoga Demo Week:

Athletes, individuals with chronic conditions and everyone in-between can benefit from the gentle stretching, mindful strengthening and breath awareness that yoga provides. Our private sessions all begin with breath awareness and end with deep relaxation, leaving you feeling balanced, calm & energized. Registration for your 30 minute complimentary session will open March 2. Private Yoga sessions will be held between Monday, March 9 and Sunday, March 15. Stop at the front desk to check availability and register!

### Commit to Be Fit

Want a new way to train and get results? Commit to Be Fit is the program for you!

Do you find it hard to accomplish your fitness goals? Has your strength training reached a plateau? Are you training for an upcoming sporting event? This unique four-week program will be tailored to your needs to help you reach your fitness goals. Commit to be Fit consists of (3) one-hour strength training sessions and (2) one-hour cardio sessions each week with one of our Certified Personal Trainers to help increase your focus and level of success. Become a member today!

### Our 8th Annual Spin for a Cure,

to benefit the Leukemia & Lymphoma society, is Saturday February 28. The LLS mission is to cure Leukemia, Lymphoma, Hodgkin's disease and Myeloma, and improve the quality of life of patients and their families. Make a difference today by registering for one of our three spin classes. Classes will be held at 11:00 a.m., 12:00 p.m. and 1:00 p.m. A sign in sheet will be posted outside of the Spin Studio for each time slot beginning February 2. Beginners, regular spinners and non-members are welcome.

## Congratulations to our Lake Forest Members of the Month for 2014!

January: **Lisa Abdula** | February: **Leslie Hough**  
March: **Janine Weatherholt** | April: **Kathy Munro**  
May: **Kevin Johnston** | June: **Lisa Trace**  
July: **Elizabeth Pruett** | August: **Mal Jamieson**  
September: **Rick Smaligo** | October: **Tina Young**  
November: **Kate Watling** | December: **Tom Fletcher**

Member of the year: **Lisa Abdula**

## Annual Assessment:

Time to find out if all of your hard work and sweat is making a difference! Members that joined during the month of February, 2014 and March, 2014 are eligible to receive their annual assessment. Please see a fitness specialist to schedule yours today!

During the month of February we will be conducting a complimentary 3-minute step test. This will be held upstairs in the main lobby on February 16 and 18 from 9:00-10:00 a.m. and 4:30-5:30 p.m.

During the month of March we will be conducting complimentary Bone Density Heel Scans. This will be held upstairs in the main lobby on March 24 and 26 from 9:00-10:00 a.m. and 4:30-5:30 p.m.

## Spice up your Valentine's Day

Want a great way to bond and have some fun? Bring your loved ones to our themed classes Monday, February 9 - Sunday, February 15. Our special class schedule will be available at the Front Desk on Monday, February 2.

## Register for Heart Opening Yoga Flow

Friday, February 13 from 5:30 - 6:45 p.m. at the Front Desk today!

## Enjoy 20% OFF your entire Pro Shop purchase

at Lake Forest Health & Fitness Center from February 10-14. We have a wide selection of men's and women's athletic and lifestyle clothing.

**COMING SOON  
SUMMER of 2015**

Lindenhurst Health and Fitness Center 15 Year Anniversary Party. More details to come . . .

**Cholesterol Test**

Lindenhurst Health and Fitness will be running a \$20.00 cholesterol special during the month of February. The test requires a 12 hour fast. Please contact Brian Balkam to set up an appointment at 847.535.7621 or [bbalkam@nm.org](mailto:bbalkam@nm.org).

**Boys & Girls Youth Wellness**

Ages 8-12 and 13-16

Classes start in March, 2015!

Feel good about yourself, even after the endorphins wear off!

8 Week course that focus on:

- |            |             |               |
|------------|-------------|---------------|
| Strength   | Flexibility | Nutrition     |
| Endurance  | Weight loss | Team building |
| Confidence | Agility     |               |

Space is limited. For more information contact Anthony Simone at 847.535.7140 or [asimone@nm.org](mailto:asimone@nm.org)



**CONGRATULATIONS TO OUR  
LINDENHURST MEMBERS OF THE  
MONTH IN 2014:**

January	Kathleen Burandt
February	Kay Muehleman
March	Marie Lawler
April	Brian and Beth Davies
May	Kathy Kressner
July	Marx Drath
August	Charlene & Richard Elmore
September	Susan Giovanni
October	Donna Palade
November	Joe Happ
December	Karol Armbruster

Member of the Year: **Wally Baumgart**



**Couples Candlelight Yoga**

on Friday, February 13, 2015 from 6:00-8:00 p.m. Enjoy an evening to build trust, build strength and develop awareness with your partner. Wine & cheese reception immediately following. Members: \$8.00 Non-members: \$10.00 Register at the front desk today.

**New classes added to the our  
Group Exercise schedule!**

**The “Barre”** is held Monday mornings at 8:45 a.m. in the multi-purpose room with Gemma. This is a targeted workout designed to strengthen the abdominal area, lift the buttocks and increase muscle definition in the upper body.

**WERQ Dance Fitness**

is held on Monday evenings at 6:20 p.m. with Diane Ames. WERQ® is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals.

**Meditation Yoga**

will be held Thursdays at 10:00 a.m. with Elaine Long in the multi-purpose room. In this class you will learn to quiet your mind, relax and embrace silence and take your yoga practice to higher levels. Class will begin and end with meditation.

**“BodyShred”** replaced H.I.I.T. Training

Friday mornings at 5:30 a.m. in the main studio with Sue Wetter. Shred stands for: Synergistic, High Intensity, Resistance, Endurance, and Dynamics. This high intensity and endurance based metabolic circuit training workout uses a 3-2-1 interval format which is 3 minutes of Resistance, 2 minutes of high intensity cardio and 1 minute of active recovery.

**H.I.I.T.**

There are a variety of H.I.I.T. classes available on the schedule H.I.I.T. Boxing with Bags on Mondays at 8:30 a.m. and H.I.I.T. Bootcamp on Saturday’s at 8:30 a.m. Other H.I.I.T. formats include Tabata Bootcamp Wednesday 5:30 a.m. and Bodyshred Fridays at 5:30 a.m! For more information about this program go to [acefitness.org](http://acefitness.org).

**A Foam Rolling Workshop**

will be held on Saturday, February 21 from 8:00 to 9:00 a.m. in the multi-purpose room. A certified trainer will walk you through the basic foam rolling exercises and you will receive a foam rolling handout to take home. If you do not have a foam roller, one will be provided for you. Foam rollers are also available for purchase in the Pro Shop. Registration is required for this workshop and the fee is \$8.00 for members and \$10.00 for non-members.





### Welcome to all the participants of the new Adult Swim Club.

We hope you are finding your workouts challenging and fun! It's not too late to sign up for the Swim Club. If you did not sign up because you need help improving your strokes, consider a lesson. Contact the Aquatic Department directly at 847.535.7611.

We offer a number of choices for you: Private lessons, semi-private lessons or an independent group of 4-6 people. Let us assist you with your swimming goals for the New Year.

### Children's group swim

**session dates:** Session I is from January 5 – February 21, 2015. Session II is from February 23 – April 18, 2015. Members have the opportunity to register first for Session II beginning on Wednesday, February 11, three days prior to non-members, so take advantage and sign up early! Session II group lessons will not meet during the week of March 23 -28 due to Spring break. Please stop by the front desk or visit our website for more information.

### Recreational supervised Family swims

are for members; and a lifeguard is on duty during family swim hours at the Lindenhurst facility. These recreational swim opportunities are Tuesdays from 3:30-5:30 p.m., Fridays from 6:00-8:00 p.m., Saturday and Sunday from 12:00-2:00 p.m. Members are allowed to bring in a guest for a fee. Please stop at the front desk to register. We love to see you and your families enjoying yourselves in the pool.

**If you are a new member,** please come by and introduce yourself the next time you are in the pool area. We will be happy to answer any questions you may have regarding our schedules/programming. Welcome and we look forward to assisting you in any way possible.

### Interested in Personal Training? Looking to lose weight or get in shape

for an upcoming event? Do you need extra motivation to reach your goals? If so, our team of Certified Personal Trainers can work with you to create an exercise program specifically tailored to your needs to help you reach your fitness goals! For more information on our Personal Trainers, contact Kristina Wrezel at 847.535.7038 or kwrezel@nm.org.

### PAINTING CLASSES IN FITKIDS:

#### Saturday, February 7

"Hoo Loves You"

2:30 - 4:00 p.m.

\$15 per member/\$20 non-member (Ages 5+)

#### Monday, February 16

President's Day- (No School)

Boys Painting Class - "Flyin' High",

Girl's Painting Class - "Hey, Cupcake"

12:30 - 2:00 p.m.

\$15 per member/\$20 non-member (Ages 5 +)

#### Friday, February 20

Ladies Night Out Painting class

"Cardinals and Berries"

6:00 - 9:00 p.m.

\$25 members/ \$30 non-members -12 x 12 painting

#### Friday, February 27

"Chickadees and Berries"

6:00 - 9:00 p.m.

\$25 members/ \$30 non-members -12 x 12 painting

#### Monday, March 9

Casimir Pulaski Day (No School)

"Friendly Frog"

12:30 - 2:00 p.m.

\$15 per member/\$20 non-member

#### Monday, March 23

"Floppy Ears" (Spring Break)

12:30 - 2:00 p.m.

\$15 per member/\$20 non-member (Ages 5+)

#### Thursday, March 26

"Chick n Egg" (Spring Break)

12:30 - 2:00 p.m.

\$15 per member/\$20 non-member (Ages 5+)

### February is Heart Smart month!

All polar monitors and accessories

**20% off**

in our Pro Shop from February 23 to February 28.

