

Lake Forest and Lindenhurst Health & Fitness Newsletter
November – December 2013

H&F

..... *Monthly*

We want to take this opportunity to thank you for being our guests and wish all of our members a happy holiday season from the staff at Lake Forest and Lindenhurst Health & Fitness Centers.

Give the Gift of Good Health

November is "Member Referral Month". Give the gift of health this season! Refer a friend to Lake Forest Health & Fitness Center and earn \$75 in Club Credit, or Lindenhurst Health & Fitness Center and earn \$50 in Club Credit! Bring in your special guests for our Free Guest Weekend - November 22, 23 & 24, 2013 and let's work together to help them achieve their fitness goals! Contact the Membership Department for specific details.



December is about the gift of giving! Throughout the month of December, enjoy a reduced enrollment fee when you donate a new, unwrapped toy* to Toys for Tots at Lake Forest and Lindenhurst Health & Fitness Center. *Item must be in its original packaging.

Need to Relieve some Holiday Tension?

A visit to our Spa will release the stress of your holiday season gift giving. Our Gift Certificates are the perfect present to overcome holiday anxiety and tension!

Exciting News for Members!

Starting December 1, we will be offering online services such as the ability to view your monthly statement, view or edit your contact information, change your user name and password, and check your attendance at the club.

\$100 Club Cash!

Give us your opinion for a chance to win \$100 Club Cash. TAKE THE ANNUAL MEMBER FEEDBACK SURVEY

Which Group Exercise class is your favorite? How satisfied are you with our facilities, program offerings and service? How can we improve? Tell us how we're doing by completing our annual member survey, which gives important feedback on your experience at either the Lake Forest or Lindenhurst Health & Fitness Center and how we can make it even better. Surveys will be available on line starting December 1.

LOSE TO WIN—NO MORE EXCUSES!

It's not too late to join this award-winning weight loss contest. Beginning January 14, this 8-week program is designed to improve your overall health and help you reach your fitness goals. Call Kristina Wrezel at Lake Forest at 847.535.7038 or Jeff Olson at Lindenhurst at 847.535.7645 for more information!

Holiday Theft?!

To decrease the potential for holiday theft there are a few things to keep in mind:

- * Do not leave valuable items visible in your cars
- * Be sure to lock your personal items in the lockers within the locker rooms
- * Do not bring or leave bags, purses, etc. on the fitness floor during your workouts

The Health & Fitness Center is not responsible for items left unattended; and items left in common areas can be a source of tripping / accidents.

Lost your membership card?

Stop at the front desk to purchase your replacement.

HOLIDAY CLUB HOURS

Lake Forest Health & Fitness Center

| | | |
|-----------------------|---------------------|----------------------|
| Thanksgiving Day Club | November 28 | 7:00 a.m.–1:00 p.m. |
| FITKIDS® | | 9:00 a.m.–12:00 p.m. |
| Christmas Eve Club | December 24 | 5:00 a.m.–1:00 p.m. |
| FITKIDS® | | 9:00 a.m.–12:00 p.m. |
| Christmas Day Club | Club will be closed | |
| New Year's Eve Club | December 31 | 5:00 a.m.–1:00 p.m. |
| FITKIDS® | | 9:00 a.m.–12:00 p.m. |
| New Year's Day Club | January 1 | 7:00 a.m.–1:00 p.m. |
| FITKIDS® | | Closed |

Lindenhurst Health & Fitness Center

| | | |
|-----------------------|---------------------|----------------------|
| Thanksgiving Day Club | November 28 | 7:00 a.m.–1:00 p.m. |
| FITKIDS® | | 8:00 a.m.–12:00 p.m. |
| ClubFit | | 9:00 a.m.–12:00 p.m. |
| Christmas Eve Club | December 24 | 5:00 a.m.–1:00 p.m. |
| FITKIDS® | | 8:00 a.m.–12:00 p.m. |
| ClubFit | | 9:00 a.m.–12:00 p.m. |
| Christmas Day Club | Club will be closed | |
| New Year's Eve Club | December 31 | 5:00 a.m.–3:00 p.m. |
| FITKIDS® | | 8:00 a.m.–12:00 p.m. |
| ClubFit | | 9:00 a.m.–12:00 p.m. |
| New Year's Day Club | January 1 | 7:00 a.m.–1:00 p.m. |
| FITKIDS® | | 9:00 a.m.–12:00 p.m. |
| ClubFit | | 9:00 a.m.–12:00 p.m. |

FYI

Lake Forest Health & Fitness Center information is on page 2 and 3

Lindenhurst Health & Fitness Center information is on page 4

Fitness Assessment

Do you remember the last time you had an assessment? Are you wondering if everything you are doing is making a difference? Members that joined during the month of November are eligible to receive a complimentary fitness reassessment. Track your progress through regular assessments by scheduling your complimentary Annual Fitness Assessment today! Not sure when you joined? Inquire at the Front Desk. Offer expires November 30, 2013. To schedule, please contact Bo Wright at 847.535.7139 or bowright@lfh.org

ATTENTION all FITKIDS® Girls,

Thursday November 7 - Mom will be getting pampered at the club and so will you! Bring your robes and slippers, and enjoy light snacks and beverages while you relax in style. Sign up at FITKIDS® today to enjoy our FITKIDS® Girl's Spa Night from 5:00 p.m. to 7:30 p.m.



FIT-FAB-FAV- FUN!

Looking for a unique, fun, and interactive place to host your child's birthday extravaganza? Why not invite them to a FITKIDS® Birthday Party! Contact Pat Henning for details at 847.535.7062 or phenning@lfh.org.

Oops, we did it again!

Even more great classes were added to our Group Fitness Schedule. Pop in to any of the following programs and check out our amazing instructors and see what they can offer you!

| | | |
|-----------|------------------|---------------------|
| Tuesday | 8:30-9:30 a.m. | W.E.R.Q. |
| Tuesday | 9:35-10:05 a.m. | Lower Body Blast |
| Tuesday | 5:30-6:30 p.m. | Core, Box & Balance |
| Wednesday | 10:30-11:25 a.m. | Tai Chi |
| Wednesday | 5:15-6:15 p.m. | Yoga For Athletes |
| Thursday | 9:15-10:00 a.m. | Sit & Be Fit |
| Friday | 6:00-7:00 a.m. | Spin |
| Saturday | 12:05-1:00 p.m. | Zumba |

Complimentary* Arthritis Classes

The Arthritis classes require you to register at the front desk, at anytime during the session. *There is no additional charge for the Arthritis classes to our membership, just a registration form.

The reason we require registration is to ensure our participation numbers are conducive to our therapy pool. Please be sure to pick up a copy of our group exercise schedule or view our schedule online at www.lakeforesthfc.com. Feel free to ask at the front desk if you have any questions. Registration for the next 16 week Arthritis class session will begin for members on Monday, December 2. Non-member registration will begin on Monday, December 9.

Holiday Group Fitness

We love the holidays so much that we created extra special Holiday Group Exercise Schedules! Get Fit & Get Full on Thanksgiving Day! Our Thanksgiving Holiday Schedule will be available as of Monday, November 25. Our December Holiday schedule runs from December 23, 2013 thru Sunday January 5, 2014. And remember, a New Year means a new attitude! Stay tuned for the 2014 Group Exercise Schedule coming out January 6, 2014!

Shave Calories Off of Your Meal

December 2, 4:00-5:00 p.m. & December 3, 8:30-9:30 a.m. Enjoy food and education as we bring in a chef to help demonstrate easy ways to cook healthy. Learn how to shave calories off of your meal plan without taking away any flavor. Space is limited. Registration is at the front desk. For more information, contact Anthony Simone, the Wellness Manager, at 847.535.7140 or asimone@lfh.org

Pro Shop

Our most valuable offer for our most treasured customers – sign up for the Pro Shop VIP Club for only \$75.00 a year and receive 20% OFF all regular priced merchandise for a year. Purchase your holiday gifts at the Pro Shop and receive Complimentary Gift Wrapping from December 11 through December 24!

Tails & Trails Dog Walk

Participate in our Tails & Trails Dog Walk on Saturday November 16 at 9:30 a.m. as we walk with our furry friends through the campus trails. All leashed, friendly dogs are welcome. For more information call Samantha Berger at 847.535.7173.

Save the Date: MEMBER HOLIDAY MIXER

Thursday, December 19 | 6:00 p.m.–8:00 p.m.
Bring a friend and join us as we enjoy drinks, appetizers, music, dancing and more!
You'll enjoy extended FITKIDS® hours!
(Please call ahead with child reservations)
Your children will enjoy our special FITKIDS® activities:
* Writing letters to Santa
* Making holiday cookies
* Holiday crafts the kids can bring home
* Reading "The Night Before Christmas" by none other than Santa himself.
* Singing holiday carols
* Refreshments
Register at the front desk or call 847.535.7060.

The Spa

With a wide range of massage therapy, skin care, and waxing treatments-provided by many of the region's most experienced and skilled professionals-it's time to take a deep breath and begin your journey to a rejuvenated mind, body and soul. Stop at the front desk for our new spa brochure and to book your next appointment.

Holiday Gift Card Spa Packages

| | |
|--|----------|
| Bliss Package | \$135.00 |
| (2) 1-hour Traditional Facials | |
| Relax Package | \$153.00 |
| (2) 1-hour Signature Massages | |
| Indulgence Package | \$144.00 |
| (1) Signature Massage & (1) Traditional Facial | |

Spa Night

Thursday, November 7, 2013 | 5:00 p.m.–8:00 p.m.

5:00 p.m.-6:00 p.m.
Featured Class: Candlelight Yoga
Spa Night & Yoga Class for FITKIDS®.
Extended Hours in FITKIDS®

6:00 p.m.-8:00 p.m.
Light Appetizers
Desserts & Wine
Chair Massages
Hand Massages
Mini-Facials
Eyebrow Bar
Goody Bags
Space is Limited!
Register today at the front desk.



Wellness Programs

Want to learn more about our Wellness Programs? Contact Anthony Simone at 847.535.7140 to discover the many options available! Listed below are just some of the amazing classes we have designed with your specific health needs in mind:

Therapeutic Yoga

Are you looking to relieve stress and promote recovery of injury and illness? Our Therapeutic Yoga will do just that.

Pre/Post Natal Yoga

Practicing Yoga during pregnancy will help you prepare for labor and delivery by creating a calm and physical state. Our Pre/Post Natal Yoga is scheduled Mondays and Thursdays from 4:00 p.m. to 5:00 p.m.

Phase IV Cardiac Rehab

For those individuals who are at high risk or have a history of cardiac disease, why not try our Phase IV Cardiac Rehab? We offer continued support and assist you in maintaining a healthy lifestyle and this program is FREE for members!

Survive Strong

Designed for individuals who are diagnosed with any stage or type of cancer, our 8 week program, Survive Strong, will help you fight the fatigue.

Wellness 180

Are you overweight, have high blood pressure or high cholesterol? Do you smoke? A healthier heart is within your reach by making even small changes to your current lifestyle. By enrolling in Wellness 180 you will work with a team of professionals who will motivate, encourage and support you as you achieve realistic goals and succeed!

Boys Youth Wellness program

Our youth are the key to the future! We have designed our Boys Youth Wellness program with your children in mind! By building confidence and motivating through exercise, we can create a positive lifestyle and healthy habits for years to come!



PERSONAL TRAINING

Looking to try something new? Stuck in a rut? Talk to our personal training staff to learn more about TRX® Max! This small group class meets for 1 hour twice a week over a 4 week period and will help you develop a leaner more athletic body by utilizing TRX®, Kettlebells, ropes and other functional training tools. Contact Kristina Wrezel at 847.535.7038 for more information.

4-Week Fitness Training

Are you ready to Commit to be Fit? This unique four-week program is designed with you in mind! Each program will be tailored to your needs to help you reach your fitness goals. Contact Kristina Wrezel at 847.535.7038 for more information!

One-On-One Adult Swim

Adults are you interested in improving your speed, controlling your breathing and increasing your endurance all while enjoying the pool? Work one on one with our swim instructors to learn how to swim, refine your skills or improve your stroke. Contact Kristine Wrezel at 847.535.7038 for more information.

Triumph Triathlon Training

Tri-umph Triathlon Training works with athletes from beginners to Ironman, 5K to marathons. Our coaches will tailor your training program, experience and desired race schedule. The main focus is on smaller groups coached by certified experienced coaches to provide individualized feedback. Contact Kate Schnatterbeck at kate@tri-umph.us for more information.



Physical Therapy

Members, are you blocked from achieving your fitness goals due to a recent surgery, injury, pain, stiffness or poor balance? If so, the licensed physical therapists conveniently located right in the Lake Forest Health and Fitness Center at Northwestern Lake Forest Hospital Sports Medicine may be your way to move forward. Physical therapy is a branch of rehabilitative medicine aimed at helping people maintain, recover and improve their physical abilities. Our highly trained team of therapists has been working hand in hand with the personal training staff at Health and Fitness for many years. We know the equipment, classes and unique features of the club so we can work efficiently to get you back to doing the work outs and activities you want to do.

Our special programs include; "Total Performance Enhancement" Golfer's evaluation, comprehensive Runners biomechanical evaluation including video treadmill assessment, posture analysis, foot orthotic evaluation and fabrication, treatment for incontinence and pelvic pain, management of balance and movement disorders. Speak with your doctor about getting a referral for physical therapy. Our services are normally covered by most health insurances. Call for an appointment or stop by for a visit today. We are here to help you get better and research shows that physical therapy is medicine that works!

New Menu Coming To The Forest Café

The Forest Café will be debuting our new menu on November 13. The café team has redesigned the menu to fit your requests and needs with additional breakfast options, healthier and tastier salads, heartier dinner entrées, protein bars and smoothies. When the menu begins, we will have nutritionals posted for the items to help guide you in your decision making before and after your workout. So, if your craving lasagna or fall off the bone pot roast or Chinese Chicken Salad, The Forest Café has exactly what you're looking for!



Indoor Ironman

Keep the holiday pounds off with the Lindenhurst Health and Fitness Center's fifth annual Indoor Ironman. Your goal will be to complete a complete Ironman over the course of 6 weeks. This includes 2.5 miles swimming, 112 miles biking, and 26.25 miles of running or walking. Begin tracking your progress on November 18 and finish by December 29.

Special kickoff events include a swim clinic by personal trainer Dan Burnett on Wednesday, November 13 at 8 a.m. and a run clinic with personal trainer Nicole Michehl on Saturday, November 16 at 10 a.m. Stop by the fitness desk to sign-up or for more information.

Lindenhurst Member Holiday Party Save the date!

Sunday, December 8 | 12:00 p.m. - 2:00 p.m.
Enjoy some holiday fun with activities for the whole family! Stay tuned for more details as the date approaches.

Football Combine Event

Attention all athletes eighth grade and above. Lindenhurst Health and Fitness will be having a combined event on Sunday, December 15. Just like the pros see how you measure up in a variety of event including: vertical jump, broad jump, cone drill, and shuttle run. Combine event is for athletes in all sports. For more information contact Hans at 847.535.7634 or hjohanse@lfh.org

Winter Break Speed and Agility Camps

After seeing how you measure up at the combine event, personal trainer Hans Johansen will work on improving all those skills necessary to compete at the highest level. Dates will be Monday, December 23 and 30 and Friday December 27 and January 3. For more information contact Hans at 847.535.7634 or hjohanse@lfh.org.

Bears vs. Ravens

Are you ready for some football?
Sunday, November 17 | 12:00 p.m. - 3:00 p.m.
Wear your team colors and come cheer for your team at HFC. The management team will have a chili cook-off and you get to pick the winner! Look for special one day in-house promotions.

Bioelements

Attention Members! Did you know that The Spa has new skincare products? Estheticians are now using Bioelements as their premiere skincare

products during facial services. Stop by the front desk and sample the tester products available. Estheticians will also be offering monthly eyebrow waxing without appointments in the library area of the main lobby and sharing product information. Dates and times to come.

New at the Spa

The Spa would like to introduce some new employees! Tricia Ruby is a new esthetician who started in October. She will be available for appointments on Fridays from 9:30 a.m. until 2:30 p.m. and Saturdays from 10:00 a.m. until 2:00 p.m. Book with her today and receive 20% off any facial or waxing service. She will be available for appointments on Wednesdays from 12:00 p.m. until 8:00 p.m., Saturdays from 2:00 p.m. until 6:00 p.m., and Sundays from 9:00 a.m. until 4:00 p.m. Book with her between November 2 and November 16 and receive 20% off any facial or waxing service.

SPA NIGHT

The Spa at Lindenhurst will be offering a Spa Night on November 14 from 5:00 p.m. to 8:00 p.m. Register at the front desk soon as space is limited. The fee for members is \$25.00 and for non members it is \$35.00. The night promises to be fun as you enjoy a chair massage, a hand massage, a mini facial with skin analysis, and participate in a Pilates Reformer demonstration. There will also be food and beverage available as you socialize and relax to the acoustical music of Gina Gonzalez. Throughout the evening listen for your name as you may be announced as one of the winners of some prizes from the drawings that will take place throughout our event.

Black Friday Deals

Avoid the shopping crowds on Black Friday this year and treat yourself to a service at The Spa in Lindenhurst. Let us help treat you by offering **30% off any appointment in the Spa this day only!!**

Happy Winter Holidays to One and All.

The Spa at Lindenhurst would like to help with some of your gift giving this time of year. Stop at the front desk and purchase a gift certificate and receive a **20% off coupon for your next visit to The Spa.**

Pro Shop

Black Friday: One Day only, November 29. 20% off the entire store!

Holiday Sale: Pick a candy cane from the stocking to determine your discount. Discounts will range from 10-30% off your entire purchase. This is a great way to finish off your shopping list. December 9-15.

GIRL'S SPA NIGHT

THURSDAY, NOVEMBER 14, 5:00-7:30 p.m.
\$8 per child, ages 4 and up welcome. Girls will participate in beauty treatments, crafts, exercise, and light refreshments. Register at the front desk today!

Group Exercise

Watch for our Thanksgiving and Holiday Group Exercise scheduling to be posted two weeks in advance.

For Your Convenience . . .

Want to know who's teaching today? Every Monday our Weekly Sub Schedule is posted on our website!

Aquatic

Aquatic Group Exercise classes are offered in both the lap and therapy pools, and one Wednesday evening class in both pools. All group exercise classes are "drop in", with the exception of the Arthritis classes. The Arthritis classes require you to register at the front desk, at anytime during the session. There is no additional charge for the Arthritis classes, to our membership, just a registration form. The reason we require registration is to ensure our participation numbers are conducive to our therapy pool. Please be sure to pick up a copy of our group exercise schedule or view our schedule online at lindenhursthfc.com.

We offer swim lessons for all ages from 6 months to adults. We offer lessons in a group, private or semiprivate setting for all ages. Our group lessons are structured with a maximum of 6:1 ratio, participants to instructor. Our private lessons are a 1:1 ratio, participant to instructor. Our semiprivate lessons are a 2 or 3:1 ratio, participants to instructor. Our current group lesson swim session ends December 21, 2013. Our next group lesson swim session will begin in January of 2014. The specific dates are; January 6 - February 22, member registration begins December 18, and non-member registration begins December 21. Please visit our website for more information.

We offer supervised family swims for members with a lifeguard on duty at our Lindenhurst facility. Come and enjoy this recreational swimming environment on Tuesdays from 3:30-5:30 p.m., Fridays from 6:00-8:00 p.m., and Saturday and Sunday from 12:00-2:00 p.m. Should someone who is not a member want to join you for supervised family swim, please know you may bring them as a guest, for a fee. So, should someone be visiting from your family during holiday season, or just are not on your membership, and you are looking to enjoy this opportunity they are welcomed to join you. Please register at the front desk. For more information, please call the Aquatic Department directly at 847.535.7611.

