

March, April, and May 2021

Holiday Hours

Easter

Sunday, April 4

Center 7 am - 1 pm

Memorial Day

Monday, May 31

Center 7 am - 1 pm

Welcome back! Your safety is our top priority. To learn more about our safety protocols visit our website at lakeforeshfc.com/about/FAQ Thank you for your continued loyalty!



Refer A Friend and Earn Center Credit!

Did you know that if you refer a friend, you'll receive a \$75 CENTER CREDIT on your account? Speak to a membership advisor to learn more.

*Some restrictions apply.

Stay Up to Date

Keep your membership account up to date by letting us know if your billing information, address or phone number has changed. Plus, stay current with all center specials, promotions and events by providing us with your current email address.

Are you looking for a way to better your health? Why not get involved in our Medical Fitness Programs,

Next Steps Fitness Programs™ is specifically designed for those who have a medical condition or who need support to be more active. You'll receive a pre and post assessment and go through an 8-week program.

8-week program includes:

- Assessments at the beginning and end of the program
- An individualized exercise plan
- Two 60-minute supervised sessions per week
- A summary report available to you and your healthcare provider
- Unlimited, full access to the center
- The option to join the center with waived enrollment upon program completion

Current classes: M/W at 5:30 pm, T/Th at 11 am, and W/F at 10 am

COST

Members—\$99 (can do program twice as a member)

Massages now available! Book your next massage TODAY! Contact the front desk to learn more or visit our website by going to lakeforeshfc.com.

Spa Special!

Enjoy 20% off a 30, 60 or 90 minute single service massage. Offer valid from 3/15/21 - 4/15/21. Only 3 massages per member/ some restrictions apply.



Team Training

Join us for this 6-week high intensity team workout with the certified personal trainer of your choice. Combining individualized attention with the energy of a group - socially distanced of course - can help you meet your sports conditioning, weight loss and total body conditioning goals. Classes meet twice a week for six weeks. The next session begins on Monday, March 15.

COST

Members—\$250

Drop-in rates available for \$22.50 per class

Contact Amy Wilson at (847) 535-7193 or awilson@nmhfc.com for more information.

Enter the EHHQ March Raffle

Be sure to complete your Health History Questionnaire with one of our membership advisors, and you will be entered into a drawing* for a complimentary 1 hour personal training, private pilates session or a massage! Stop in the membership office and update yours today! Drawing runs March 1 thru March 31, 2021!

*Some restrictions apply.

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Wellness 180®

This medical fitness program is developed for people on the verge of health problems, or for those with one or more risk factors for heart disease and diabetes. Our goal is to help you prevent future health problems with a healthier lifestyle through exercise. Classes are led by a nationally certified exercise physiologist with a health or fitness related degree. You would qualify for this program if you have one or more of these risk factors: overweight, high blood pressure, high cholesterol, high blood glucose, diabetes, smoker, family history of heart disease, sedentary lifestyle or extra weight around your mid-section.

8-week program includes:

- Assessments at the beginning and end of the program
- Goal-setting during assessment
- Two 60-minute small group classes
- Body Composition Analysis is available during assessment

Current classes: T/Th at 6 am,
T/Th at 9:30 am, M/W at 7 am
and M/W at 9:30 am

COST

Nonmembers—\$275.00 (Can do program unlimited amount of times)

Members—\$185.00 (Can do program unlimited amount of times)

Survive Strong

Northwestern Medicine Lake Forest Hospital's Rehabilitative Services have partnered with Northwestern Medicine Lake Forest Health & Fitness Center to offer a cancer-related fatigue

program, Survive Strong. Through multiple research studies, evidence shows that low to moderate exercise in oncology patients can reduce and even prevent cancer-related fatigue, reduce side effects of chemotherapy and radiation, improve quality of life and possibly even improve survival rates.

This program is designed for individuals diagnosed with any stage of cancer who are experiencing fatigue or weakness, or are unsure how to initiate exercise. It is appropriate for anyone currently undergoing chemotherapy or radiation therapy, or who has completed cancer treatment within the past year. All Survive Strong physical therapists and personal trainers are certified cancer exercise specialists.

The Survive Strong program consists of:

- The Survive Strong program runs for eight weeks and consists of two weekly exercise sessions, Mondays and Wednesdays from 8-9 am
- Initial evaluation with an oncology/lymphedema physical therapist to assess your past and current medical history and make specific, individualized recommendations to you and your exercise specialist
- Led by a cancer exercise specialist
- Sessions include cardio, strengthening and flexibility exercises and are held in a semi-private area in the fitness center

COST

Nonmembers—one complimentary 8-week session with an initial evaluation

Members—complimentary with an initial evaluation

Cardiac Rehabilitation Phase IV

The Cardiac Rehabilitation Phase IV program at Northwestern Medicine Lake Forest Health & Fitness Center is designed for individuals at high risk for or with a history of cardiac disease. This independent exercise program offers continued support by our degreed exercise physiologists who will assist you in maintaining a healthy lifestyle. Candidates for this program include individuals with documented cardiac disease, heart surgery, and previous participation in an outpatient Phase III cardiac rehab program or at increased risk for heart disease.

- Program is complimentary and is for members only

Program participants receive:

- Orientation to fitness equipment
- Blood pressure/ Heart Rate/ O₂ monitoring
- Program oversight by an exercise physiologist
- Two classes per week on Tuesdays and Thursdays at 8-9 am

Parkinson's Programming

Do you have or know someone who has Parkinson's Disease? Northwestern Medicine Lake Forest Health & Fitness Center offers a range of Parkinson's Programming to adults with Parkinson's disease. The medical fitness programs are designed for adults with Parkinson's disease who wish to participate in low to

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moderate-intensity exercise. All classes require a completed physician approval form prior to participation. Program is for both members and non-members with advanced registration available to members only. All classes are held by nationally credited fitness specialists who have experience with working with individuals with Parkinson's disease.

Our Parkinson's Programs include:

- Rock Steady Boxing
- Pedal for Parkinson's
- Strength & Balance
- Stride & Strength
- TRX® for Parkinson's
- Yoga for Parkinson's

If you have any questions regarding any of our Medical Integrated Programs, contact: Logan Sinnett, Medical Integration Supervisor at 847.535.7095 or lsinnett@nmhfc.com.



Fitness Assessments

Complimentary annual fitness assessments are available for all Lake Forest Health & Fitness Members. Assessments are administered by one of our certified fitness specialists and provide accurate information about your body composition, strength, flexibility, cardiovascular health, and other baseline measurements. The results of your assessment are essential

for developing a personalized fitness program. Track your progress through regular assessments and document your achievements! To schedule an assessment, contact Amy Wilson at 847.535.7193 or awilson@nmhfc.com.

Myzone® System

Achieve your health and fitness goals with the Myzone® System! The Myzone® Belt is a wearable fitness tracker that tracks your heart rate, calories, and effort levels. The belt syncs up with an App where you can compete and connect with friends and view your workout history. We also have center displays located in the Main Studio, Cycle Studio and on the track so you can view your heart rate and effort levels during your workout here at the fitness center. If interested in purchasing a Myzone® MZ-3 Belt, ask for more information at the Front Desk.

Spring Shape Up Myzone® Challenge

Earn 1300 Myzone® Effort Points (MEPS) to be entered into a drawing to win a grand prize. If you don't have a belt simply exercise at least three times a week, track your workouts weekly, and submit your time at the end of the challenge for a change to win. Active members and all members on bridge or freeze are welcome to participate. There is no charge for this challenge.

For more information or to register, stop by the Fitness Desk or call 847.535.7060.

Tails and Trails Dog Walking Dates

Bring your furry friend and join us for a "socially distanced" walk along the trails around the fitness center.

Saturday, March 27 at 10:30 am
Saturday, April 24 at 10:30 am
Saturday, May 22 at 10:30 am

Looking for a great gift idea? Gift Certificates are available at the front desk and are perfect for any occasion!

Member Appreciation Week - May 10 through May 14

Your loyalty means everything to us, and we want to thank you for being a part of our family. All week long enjoy complimentary food and beverages, raffles, fun classes and more. Be on the look-out for more information coming soon.

Include Pilates Into Your Fitness Routine

Thinking of changing your routine for 2021 and looking for a stronger core and a more flexible spine? Try Pilates. We are currently offering one-on-one private sessions as well as duos with your friend or spouse. For more information contact Deb Valenti at dvalenti@nmhfc.com or 847.535.7117.

May The 4th Be With You

Join Bill Pierce for this video indoor cycling ride taking you on a journey through space on Tuesday, May 4th from 5:30pm-6:30pm. To reserve your spot, sign-up no sooner than the day before on the phone app or by calling the Front Desk at 847.535.7060.

Join the Arthritis Foundation Aquatic Program Today

Arthritis Foundation Aquatic Program (AFAP) classes will help you to increase joint range of motion, build muscle strength as well as help reduce pain and stiffness. Classes are held in the warm water therapy pool and in sessions.

Continued >

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Beginning on Monday, March 1, members can register for the upcoming 8-week session of the Arthritis program which runs from Monday, March 8 thru Sunday, May 2, 2021. Participants can register for a maximum of two arthritis classes per week.

Les Mills™ Launch Weekend

Join the LFHFC Les Mills™ Superhero's as they present the latest and

A Special 4- day Group Exercise Schedule will take place Easter Weekend April 1-4 and Memorial Day Weekend May 27-30. Schedules will be posted on our website, phone, APP and copies will available in-house.

greatest releases of BODYCOMBAT™ #86 and BODYPUMP™ #116 on Saturday, March 6. BODYCOMBAT™ will be held at 8 am-8:45am and BODYPUMP™ at 9 am-9:55am.

Tri-umph Triathlon

Starts February 23

Tri-umph triathlon training is designed

for people who want to train with a motivated, fun team to keep fit, increase energy, and achieve their personal best. Training programs are designed using up-to-date research and methods, delivered by our team of experienced, certified, professional coaches. Our passion for helping people achieve their goals are reflected in the personal care and attention we provide to every individual.

Training session will focus on swim technique, endurance, speed not "junk" mileage, and the group setting allows for individual feedback while being inspired by other teammates.

Swim Training

Tuesday 9:15 - 10:45 am

Tuesday 7:15 - 8:15 am



Friday 7:15 - 8:45 am

Swim transitions: Focused on swimming and dry-land training. During dry-land the focus is on building strength and flexibility out of the water to help with swim, bike and run and stay injury free.

Saturday 6:15 - 8:15 am

For more information www.tri-umph.us, email info@tri-umph.us or contact Kate Schnatterbeck 847.207.9442

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