

Spring 2023

**Easter,
Sunday, April 9**
Center 7 am - 1 pm

**Memorial Day,
Monday, May 29**
Center 7 am - 1 pm

**Refer a Friend and
Earn Center Credit***

Did you know that if you refer a friend or co-worker, you will receive a **\$25 in Fitfunds and a \$50 center credit** on your account? Speak to a membership advisor to learn more.

*Some restrictions apply.

AED/CPR Classes
Saturday, March 18
11 am - 4 pm
COST \$99

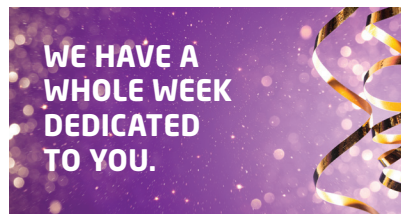
Make sure loved ones are safe and be prepared for any situation in our family-friendly orientation to CPR. Please register at the Member Services Desk.

**St. Paddy's Day
BINGO**

Join us on Wednesday, March 15 at 1 pm and try your hand at a lucky round of Bingo. Light refreshments and snacks will be served. Registration at the front desk required.

Member Survey Spring 2023

Member Satisfaction Survey will be available in March. Complete the survey and you will be entered into a drawing to win one of (3) 1-month individual memberships.



**Member Appreciation Week
May 15 - 19, 2023.**

Enjoy complimentary snacks at the front desk throughout the week. Enter for a chance to win a spot in MyFitRx®. Spin the wheel for a chance to win a discount on a service or a prize. More info to come.



Tails and Trails Dog Walking

Bring your furry friend and join us for a walk along the trails around the fitness center. All friendly, leashed dogs are welcome.

**Saturday, April 22 and May 20
at 10 am**



Team Training

Take your training to a new level with **Team Training**. Classes meet twice a week for six weeks. The next session begins on Monday, March 6 and continues through Sunday, April 16. Class schedule is below:

Team Workout Days and Times

Mondays and Wednesday mornings
with Dylan Weis from 7 - 8 am

Mondays and Wednesday mornings
with Niko De La Cruz from 9 - 10 am

Mondays and Wednesday nights
with Niko De La Cruz from
5:15 - 6:15 pm

Tuesdays and Thursday mornings
with Leslie Fajardo from 6 - 7 am

Tuesdays and Thursday mornings
with Olivia Beller from 7 - 8 am

Tuesdays and Thursday mornings
with Mindy Shafer from 9 - 10 am

Tuesdays and Thursday mornings
with Mike Buoscio from 10 - 11 am

Tuesdays and Thursday mornings
with Angel Parada from 6 - 7 pm

If you cannot commit to a class time, we offer a drop-in rate of \$22.50. Stop by the front desk for a class schedule or contact Logan Sinnett at lsinnett@nmhfc.com.

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Interested in Personal Training?

We have an amazing team of trainers to choose from. Stop at the Member Services Desk to get more information. Introducing our newest training staff:

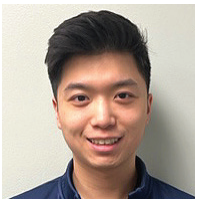


Olivia Beller

Qualifications:

- BA in Health and Human Physiology, Exercise Science, University of Iowa.

- Certified Exercise Physiologist, ACSM (American College of Sports Medicine).
- CPR/AED certified, American Red Cross.

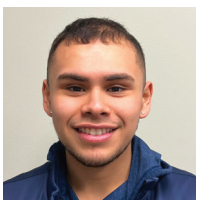


Liang Xue

Qualifications:

- BA in Biomedical Engineering, University of Pittsburgh.

- Certified Personal Trainer, ACSM (American College of Sports Medicine).
- CPR/AED certified, American Red Cross.



Angel Parada

Qualifications:

- Associates Degree in Science (College of Lake County).

- Certified Personal Trainer, NASM.
- CPR/AED certified, American Red Cross.



Zachary Tokarczyk

Qualifications:

- Bachelor of Science in Exercise Science, University of Iowa.

- Certified Exercise Physiologist, ACSM.
- CPR/BLS certification, American Red Cross.



Designed for those who have a medical condition or who need support to be more active.

- An individualized exercise plan based on your current fitness abilities created to help you achieve your goals.
- Your exercise plan will address special instruction from your physician or healthcare provider.
- All of our fitness specialists have a health or fitness related degree and are nationally certified.

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:

Tuesday and Thursday, 5 pm with Niko
Tuesday and Thursday, 11 am with Leslie
Wednesday and Friday, 10 am with Fabian
Tuesday and Friday, 11 am with Zach

COST

Non-members - \$129
(Can participate in program once as a non-member)

Members - \$79
(Can participate in program twice as a member)



Massage Special in March

Get \$17 off a single session* of a 60- or 90-minute massage.

*some restrictions apply

April is Relax Month

Sign up for a 10-minute chair massage during the month of April. Days and times to be announced soon. Some restrictions apply

Enjoy 10% Off in April

Enjoy 10% off a single session of a 60- or 90-minute massage, (limit five single sessions per member).

*some restrictions apply

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Northwestern Medicine Lake Forest Health and Fitness Center is excited to offer Volt Guided Fitness

A guided fitness platform our members can enjoy at no cost. Volt provides a single location to virtually connect with a fitness specialist or personal trainer. You and your fitness specialist can see your workout results in real-time. Track your progress and performance while a fitness specialist delivers a custom exercise program to your mobile device or tablet.

How It Works

1. Use your email address linked to your membership account and a unique password you create to immediately access the platform. Choose one program from the 12 pre-designed program options for low-impact training using resistance bands, body weight, free weights or exercise machines.

2. We'll schedule a complimentary fitness assessment to determine your starting point and discuss your fitness goals. After your assessment, one of our fitness specialists will design a custom 12-week program for you using the Volt platform.
3. Complete each exercise with Volt's user-friendly interface and Cortex™ performance training AI. Cortex™ adjusts your training in real-time to match your actual capabilities during each workout. This means Cortex™ is not only tracking your progress but learning from every set you complete, adapting and optimizing each step of the way.
4. Communicate with your fitness specialist at any time for program adjustments, personal training, resource hub guidance and more!

How To Get Started

You can access Volt by clicking on the Volt tile in your center app. First-time users will then be prompted to download the Volt app. Log in using the email on your membership account and a unique password you create. If you do not have our new and improved mobile app, simply search **URFitAP - Lake Forest**.

Whether you're at home or on-the-go, **MOVE Virtual Fitness Classes** will provide a wide variety of activities for all fitness levels with contributors such as LES MILLS™.

Northwestern Medicine
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