

# Lake Forest Health and Fitness Center

## Member Newsletter



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December 2011

## Department of the Month: LOSE TO WIN 2012

Lose to Win 2012 is the ultimate 8 week weight loss challenge designed to help you reach your fitness goals! Our Certified Personal Trainers will push you to your limits as they take you through 16 vigorous team workouts. With 5 weigh-ins during the program, you are sure to stay on track! You will be competing against other teams by participating in various mentally and physically demanding challenges.

Let's kick off the 5th Annual Lose to Win program with our "Red Carpet Expo" which will take place on January 10th from 6:00p.m. to 8:00p.m. Make sure to stop by this premiere event to have your photo taken, meet your trainer, attend a Cooking Demo, pick up your goody bag and check out this years new fitness gear!

Here are what some past participants had to say:

*"So after my weigh in today I lost a total of 21.4 pounds!!! I just wanted to thank you so much for your guidance, instruction, support and encouragement. I know I could not have done this without you!!! I am currently at 144...14 more to go!!!" ~Janet*

*"L2W was GREAT! I lost 13 lbs, 6% body fat, made new friends, experienced many new and worthwhile classes and learned a lot from the evening lectures. For me, I am the winner!" ~Sally*

*"Amy is a wonderful coach and worked us all hard. Look at the team results. The team participation of team white was outstanding. We had a good group and great encouragement from all. It made getting up at 5am worthwhile". ~Matt*

There's only one thing left to say.....

# BRING IT!

Early Registration Ends December 15th, 2011



### Page 2

Holiday Spa Packages  
Holiday Gift Wrapping  
In Home Personal Training  
Fitness Reassessments  
Nutrition Lecture- Choose This Not That: Your Guide to Holiday Party Foods and Drinks!

### Page 3

Athletic Fitness Assessments  
Therapeutic Yoga for Arthritis  
Pre Natal & Post Natal Pilates  
Pilates Specialty Class- Strengthen Your Core to Protect Your Back

### Page 4

Membership Referral Program  
Exercise Programming Workshop: What Your Heart Rate is Telling You During Exercise  
Physical Activity and Basic Nutrition for Cancer Survivors  
Wellness 180™ Lite

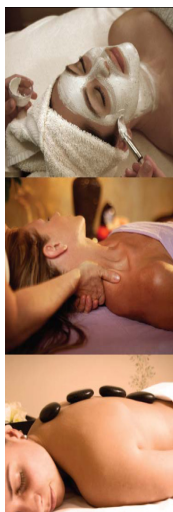
### Page 5

Facility Notes

### Page 6

Holiday Hours  
Fall/Winter Facility Hours





## Holiday Spa Packages

### ***Bliss Package***

Two 60-Minute Facials  
\$135.00

### ***Relax Package***

Two 60-Minute Signature Massages  
\$144.00

### ***Indulgence Package***

One 60-Minute Facial  
One 60-Minute Signature Massage  
\$139.50

\*\*Packages will be available for purchase until 12/24/2011

For more information and to purchase your package, contact the front desk at (847)535-7000



## Holiday Gift Wrapping

Complimentary gift wrapping for all items purchased in the Pro Shop.

December 9th through December 24th, 2011

\$5 for all gifts brought from outside retailers to be wrapped.



## In Home Personal Training

Can't make it to the club? Our Personal Trainers will come to you!

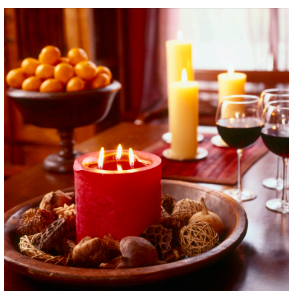
*For more information, contact Kristina Wrezel at (847)535-7038 or e-mail [kwrezel@lfh.org](mailto:kwrezel@lfh.org)*



## Fitness Reassessments

Attention! All members who joined in December 2010 are eligible to receive a Complimentary fitness reassessment. Offer expires 12/31/2011

*For more information, contact J.P Falconer at (847)535-7068 or e-mail [jfalconer@lfh.org](mailto:jfalconer@lfh.org)*



## Nutrition Lecture- Choose This Not That: Your Guide to Holiday Party Foods and Drinks!

Get tips on how to prepare and choose healthy appetizers, meals, desserts and drinks.

Wednesday, December 14th 5:00-6:00pm

Free for Members  
Sign up at the front desk

*For more information, contact Jennifer Labovitz at (847)535-7071 or e-mail [jlabovitz@lfh.org](mailto:jlabovitz@lfh.org)*



## Athletic Fitness Assessment

Your Athletic Fitness Assessment will measure the following:

- \* Height/Weight
- \* 7-Site Body Composition
- \* 3 Rep Max Bench Press
- \* Flexibility
- \* Cardiovascular Endurance
- \* Estimated VO2 Max

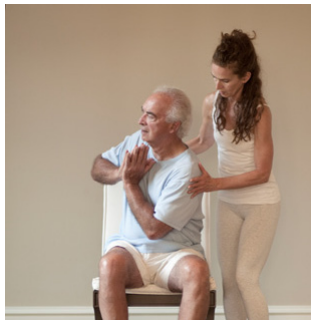
Member: \$30

Non-member: \$50

*For more information, contact J.P Falconer at (847)535-7068 or e-mail [jfalconer@lfh.org](mailto:jfalconer@lfh.org)*

## Therapeutic Yoga for Arthritis

Alleviate health issues. Enjoy a better quality of life, by improving function and managing pain. Instructor: Fiona Ricci McCarthy, 200-hour RYT attended the renowned Duke University Integrative Medicine Professional Training Program at the Duke Integrative Medicine Campus. Fiona will share her teaching skills, compassion and therapeutic knowledge during this 8-week Arthritis program.



Thursdays 1:30-2:45pm

Fee: \$80 dollars for 8 weeks sessions

**Demo a class for FREE**

*For more information, contact Jennifer Labovitz at (847)535-7071 or e-mail [jlavovitz@lfh.org](mailto:jlavovitz@lfh.org)*

## Pre Natal and Post Natal Pilates

Pre Natal Pilates will give you strength, control and awareness, deep breath, inward focus and mind body connection for easier labor. Post Natal Pilates will have you leaving calm, confident and happy while you bring back your core and abdominal region.



Sundays, 11:30am-12:30am

Members: Free

Non-Members: \$90-5 pack/\$150-10 pack

*For more information contact Jennifer Labovitz at (847)535-7071 or e-mail [jlavovitz@lfh.org](mailto:jlavovitz@lfh.org)*

## Pilates Specialty Class- Strengthen Your Core to Protect Your Back

Are you looking for something to help relieve your back pain? Let Rachel Ciocchetti teach you how you strengthen your core to help relieve the back pain.



Mondays (December 5th, 12th, 19th & 26th)

5:30-6:30pm

Members: \$25 per class

Non-Members: \$45 per class

*For more information, contact Lindsay Boeke at (847)535-7042 or e-mail [lboeke@lfh.org](mailto:lboeke@lfh.org). Sign up at the front desk.*



## Membership Referral Program

Refer a friend, coworker or family member and receive \$75 gift card to the club! See Membership Service for more details.



## Exercise Programming Workshop: What Your Heart Rate is Telling You During Exercise

Want to learn the exact intensity you should be working at during aerobic exercise? Come find out how to maximize your workout so you can reach your exercise goals.

Thursday, December 8th, 2011 5:30-6:30pm

Free for members.

**Sign up at the front desk. For more information contact, Kristina Wrezel at (847)535-7038 or e-mail [kwrezel@lfh.org](mailto:kwrezel@lfh.org)**



## Physical Activity and Basic Nutrition for Cancer Survivors

Round table discussion for survivors.

Informative handouts and a demonstration of exercises and stretching.

Thursday, December 8th, 2011 10:30-11:30am

Free for Members

**Sign up at the front desk. For more information, contact Jennifer Labovitz at (847)535-7071 or e-mail [jlavovitz@lfh.org](mailto:jlavovitz@lfh.org)**



## Postural Analysis Screening for Cancer Survivors

Screening will determine muscle imbalances and observe quality of movement.

Thursday, December 15th, 2011 10:30-11:30am

Free for members

**Sign up at the front desk. For more information contact, Jennifer Labovitz at (847)535-7071 or e-mail [jlavovitz@lfh.org](mailto:jlavovitz@lfh.org)**

## Wellness 180™ Lite... Need to lose between 5-20lbs?

Class consists of mandatory cardio for half the class time, and non-stop, light free weights for the other half. Each class contains 6-12 people, and you will be supervised by a Personal Trainer at all times following their instructions (cardio included). Participants are expected to record food daily so that the dietitians can oversee their food choices and offer helpful suggestions for each participant to achieve a balanced diet.

**For more information, contact Jennifer Labovitz at (847)535-7071 or e-mail [jlavovitz@lfh.org](mailto:jlavovitz@lfh.org)**

Wellness **180°** Lite

## Facility Notes

As we approach the winter season and many members begin to utilize the facility on a more frequent basis we would ask that our members remember to be courteous to our fellow members, new members and guests. Please send a warm smile and greeting to someone you do not recognize and welcome them to our facility.



### **Member Terms and Conditions, Club Policies, Member Etiquette**

**& Guidelines:** Each day we answer many questions regarding member etiquette & guidelines and club policies. We have updated many of these policies and guidelines. This information will be posted on our web page and hard copies will be available at the front desk. I want to thank many of you who have offered suggestions, insight and recommendations for this comprehensive document. I also want to thank you in advance for your cooperation.

**Email list for email blasts and newsletter:** Please turn in your email address to the front desk so that you can receive our facility email blasts concerning important updates and our monthly member newsletter.

**Bad weather Alerts:** If our hours are altered or changed due to inclement weather an email blast will be sent with updated information to your email address that we have in our files. This information will also be posted on our web page.

**Warm Water/Therapy Pool Schedule Changes:** Due to the increase in popularity of our warm water therapy pool, with your input, we have made some slight changes to the schedule in the afternoons. This schedule will take place from Nov 21 through Jan. 1. It is on the web page and hard copies are at the front desk. A new more permanent schedule for the warm water/therapy pool will begin on Monday, January 2nd. Thank you for the suggestions and recommendations from all who participated in our group meeting and others not in attendance. This information was instrumental in the development of the schedule. While working with four different departments and schedules your patience is truly appreciated.



**Large Pool Lane Designation During Aqua Classes:** During aqua class times, 3 lanes will be available for class participants, and 3 lanes will be available for lap swimmers. The lane line will be pulled shortly before the commencement of each class.

**Outside shoes:** Please remember to bring a second pair of athletic shoes to wear once inside the facility, and not to wear shoes from the outside on the fitness floor.

**Cardio Equipment and time limits:** As we enter our peak season and busy times, please be aware of our 30-minute limit policy on cardio equipment during peak times. Please be courteous to those who are waiting.

**Showering before entering the pools:** A friendly reminder for all of those entering the aquatics areas to please take a quick shower before entering our pools. This will help remove body oils and help keep our pools functioning more efficiently.

**Coats and Gym bags:** A friendly reminder to keep all coats and gym bags off the fitness floor and in the locker room or designated coat rack areas. Thank you for your cooperation.

“We exist to inspire healthier lifestyles for our members and the communities we serve.”

Did you know that Lake Forest Health and Fitness Center Fitness Department offers year round Internship Opportunities for College students pursuing a 4 year degree in an Exercise Science related field?

For additional information, Please contact [lboeke@lfh.org](mailto:lboeke@lfh.org) or 847-535-7042

**We're on the Web!**  
**[www.health-fitnesscenters.com](http://www.health-fitnesscenters.com)**



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## LFHFC Holiday Hours

### Christmas Eve Day

Club Hours 6:00am-3:00pm  
FitKids™ Hours 9:00am-12:00pm

**Christmas Day** **CLOSED**

### New Years Eve Day

Club Hours 6:00am-3:00pm  
FitKids™ Hours 9:00am-12:00pm

### New Years Day

Club Hours 7:00am-1:00pm  
FitKids™ Hours CLOSED  
Cafe Hours CLOSED

## Fall/Winter Facility Hours

### Club Hours

Monday-Friday 5:00am-10:00pm  
Saturday 6:00am-7:00pm  
Sunday 7:00am-5:00pm

### FitKids™ Hours

Monday-Thursday 8:00am-8:00pm  
Friday 8:00am-3:00pm  
Saturday 8:00am-3:00pm  
Sunday 9:00am-2:00pm



### General Manager

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***Happy Holidays!***

