

Lake Forest Health & Fitness Center

Corporate

FITNESS



Lake Forest School District Corporate Membership

Your Corporate program at Lake Forest and Lindenhurst Health and Fitness Centers entitles your employees to all the benefits of our full-service club, including:

- 70,000 Square Foot Facility
- 2 Indoor Pools
- 3 Group Exercise Studios
- Full-Service Café
- Pilates Training Studio
- Banquet and Meeting Facilities
- Over 130 Group Classes Weekly
- State-of-the-Art Strength and Cardiovascular Training Areas
- Indoor Running Track
- Fun and Interactive FitKids Area
- Executive-Style Locker Rooms
- Spa Services and Designer Pro-Shop
- 2 Free Sessions with a Certified Personal Trainer

Enrollment Fee: \$0

Monthly Dues: \$85 (25% Savings)

Offer expires: 2/29/2012

For additional information, please contact
Danielle Zaft at (847)535-7037 or e-mail
dzaft@lfh.org



Lake Forest
Health & Fitness Center
of Northwestern Lake Forest Hospital