Lakeshore Sport & Fitness

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Company logo

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Lakeshore Sport & Fitness is a reputed fitness, sport and fun club located at Lincoln Park and Illinois Center. We offer various types of exercise oriented sports, physical therapy with ultimate care, fitness program and gym to help your body curb a beautiful, strong and of course healthy shape. Our exercise oriented sports and fitness programs are aimed to improve your longevity, productivity and overall happiness. Under the watchful eye of our skilled instructors, we feature everything from low impact to high impact workouts, from yoga to kickboxing, from dance to cycling. Our campus occupies over 3.5 acres, offering more than 185,000 square feet of indoor/outdoor sport and fitness space. Along with it, we also offer personal training services which include Pilates, PT360, small group training, youth personal training, Jr fitness certification and ski prep. When it comes to membership of our club, we offer six different types of memberships for everyone – young adult, individuals, single parent, couple, family and student, which are month to month with a 3 month commitment.

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