

FREE LOCAL GUIDE FROM LAKE FOREST REGENESIS

North Shore Active Living Guide

83 independent gyms, studios, courts, healthy food spots and trails across 13 North Shore and Lake County towns.



- Gyms & Studios
- Yoga & Pilates
- Tennis & Pickleball
- Healthy Food & Supplements
- Parks & Trails

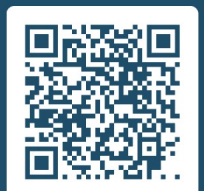
Every place, by town, is on the back. For directions, websites and the interactive map, visit the full guide online.



Lake Forest Regenesiis

1025 W. Everett Road, Suite 2, Lake Forest, IL · 224-436-8006

Full interactive guide: lakeforestregenesiis.com/active-living-guide



Scan for the full guide

Places by Town

- Gyms & Studios
- Yoga & Pilates
- Tennis & Pickleball
- Healthy Food & Supplements
- Parks & Trails

DEERFIELD

- F.I.T. Boutique
- IHP (Institute for Human Performance)
- Sachs Recreation Center
- College Park Athletic Club
- Tennaqua Swim & Racquet Club
- Des Plaines River Trail
- Ryerson Woods

GLENCOE

- Glencoe Fitness
- Unify Fitness
- Reach Yoga
- Glencoe Park District Pickleball
- Hometown Coffee & Juice
- Chicago Botanic Garden

GURNEE

- Embodiment Athletics
- Ruffcutt Fitness
- Hōm Hot Yoga
- Viking Park

HIGHLAND PARK

- Park Fitness
- V3 Fit Club
- Highland Park Yoga
- DINX Social Club
- Deer Creek Racquet Club
- The Birchwood Club
- Bright Bowls
- Green Bay Trail
- Heller Nature Center
- Rosewood Beach

LAKE BLUFF

- Hanzel Holistic Fitness Studio
- Lake Bluff Park District Fitness Center
- Toned Yoga
- Racquet Club of Lake Bluff
- Forest Greens Juice Bar
- North Shore Bike Path
- Robert McClory Bike Path
- Sunrise Beach

LAKE FOREST

- Forest Fitness
- Lake Forest Fitness Center
- Forever Om Yoga
- Wellness Solutions
- Brick House Pickleball
- Deerpath Community Park Pickleball Courts
- Waveland Park Courts
- The Market at Elawa Farm
- Forest Park Beach
- MeLlody Farm Nature Preserve
- Middlefork Savanna Forest Preserve

LIBERTYVILLE

- CZ Fitness Lab
- TBY Yoga
- LifeSport Libertyville
- Village of Libertyville Courts
- Murphy's Health Foods & Juice Bar
- ProLine Sports Nutrition
- Independence Grove Forest Preserve

LINCOLNSHIRE

- ONYX Fitness
- Move Studio Pilates & Fitness
- Avocado Theory

LONG GROVE

- Limitless Strength
- Just Bee Yoga
- Parakeet Pilates
- Reed-Turner Woodland

MUNDELEIN

- Game Changing Performance
- Teutonic Gym
- The Kage Gym
- Corner Health Foods
- Maurice Noll Park

NORTHBROOK

- Techny Prairie Activity Center
- Solae
- North Shore Racquet Club
- Northbrook Racquet Club
- Slate Pickleball Club
- Electric Elixir
- Fresh Made Café
- Somme Prairie Grove
- Techny Prairie Park and Fields

VERNON HILLS

- Bears Fit
- Lakeview Fitness
- Century Park

WINNETKA

- Delos Strength
- A.C. Nielsen Tennis Center
- Winnetka Platform Tennis
- Hometown Coffee & Juice
- Spirit Elephant
- Skokie Lagoons

Directions, websites and the interactive map: lakeforestregeneration.com/active-living-guide

Independent local businesses and public spaces, listed for your convenience. They are not affiliated with Lake Forest Regeneration.