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Chicago blogger • Petite girly gal • Focused on food, fashion, fitness + the power of positivity, gratitude + self care ❤️

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lakeshorelady August provided a lot of challenges I wasn't necessarily expecting, so this month's fitness recap definitely isn't my most impressive... but I'm sharing some of my thoughts on how self care can ebb and flow, plus my September Workout Planner (DUH)! Luckily, I've discovered a gem of a Pilates studio in my new neighborhood called @clubpilates, and I've been looooving having traditional reformer-based classes close by! Their level 1.5 Flow and Cardio Sculpt classes are my fave - and even though I'm craving a nap after an early wake up call (being camera ready at 5:30am for a tv segment is tough, y'all 😅), I'm excited to get my booty to class there again today 🍑 Ps. Mention "Lake Shore Lady" at @cpnorthcenter or @cplincolnpark for 10% a no strings attached 1 Month or 3 Month membership!! #LSLworkout



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AUGUST 31

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