

Things may look a little different at Lakeshore this fall, but we still have lots of opportunities for you to be active, healthy and achieve your fitness goals. Our classes and programs are designed for kids, adults and families to move at home or at Lakeshore. See all we have to offer.



Live & On-Demand Classes

Group Exercise Classes

Each week we offer multiple live online fitness and land-based aquatics classes for adults. Gather online and connect with your friends and Lakeshore instructors through these Zoom classes while getting in a great workout.

[Visit our website to register.](#)

On-Demand Classes

If you are unable to attend a live class, browse through our library of on-demand fitness & aquatics classes that you can watch any time.

[Visit our website to watch.](#)



Youth & Family Programs

Unplugged

September 8-November 30

Kids (3-18) & family

Gather your family and get ready for a three-month series that will get you moving and ready to achieve your health goals. Each month you will receive an Unplugged Box filled with an activity booklet and interactive activities designed just for you and your family.

[Learn more & register.](#)

Tri-Club: Splash, Flash, Dash

September 8-November 30

Age: 3-18

Get ready to splash, flash and dash during this three-month triathlon training program focused on developing swimming, cycling and running/pushing endurance. This program can be done anywhere - at home, Lakeshore or your community - and will include bi-weekly Tri-Club Hangouts where you will meet with your trainers and Tri-Club teammates over Zoom to check in on training progress, play games, and learn about important components of training like healthy eating, good hygiene and proper hydration.

Tri-Club Hangouts (optional) will take place every other Wednesday at 4 p.m.

[Learn more & register.](#)

Tri-Club Triathlon

December 1-18

Age: 3-18

Use your triathlon training to take on the Tri-Club Triathlon. Move at your own pace through this individualized triathlon. Compete against friends by tracking your progress using the STRAVA app. \$10 for members \$15 non-members. Registration coming soon.

Virtual Reality Active Gaming

Tuesdays and Thursdays, 4:30-5 p.m.

September 8-October 1

October 20-November 12

Age: 13-20

Enter a world of sports, games and movement with our new Active Gaming program. This program will allow you to take home an Oculus Quest virtual reality bundle and participate in weekly group led VR active gaming sessions. Play table tennis with friends, work on throwing and batting in a virtual baseball game or take a fishing trip to the lake.

[Learn more & register.](#)



Fun for All Ages

Trailing Through Alabama

First & Third Thursday of the Month, 5-7 p.m.

September 3-December 17

Families (minimum age 4) & adults

Discover a new accessible trail in Birmingham each month. Cycle, push, walk, or run with your family, friends and fellow Lakeshore members. You may use a Lakeshore recumbent bike or handcycle or bring your own. Explore the Civil Rights Trail, Rotary Trail, Railroad Park, Black Creek, Vulcan Trail, Lakeshore Trail, and Lakeshore Campus. Learn how to track your trail session mileage via Strava and achieve your fitness goals! [Learn more & register.](#)

Lakeshore Marathon

September 1-30

Families (minimum age 6) & adults

Take on this marathon challenge and complete 26.2 miles over the course of 1 month or in 1 day – whatever you choose! Track your miles at Lakeshore, at home, or in your community via the online STRAVA app. All marathon finishers will win a prize. Other incentives and prizes will be available to win throughout the race. [Learn more & register.](#)

Tuesday Night Tennis

Tuesdays, 6-7 or 7-8 p.m.

Age: 13 & up

Dust off your racket or pick one up for the first time with Tuesday Night Tennis. Equipment including rackets, balls and sports wheelchairs (if needed) are available. [Learn more & register.](#)



Sport Focused

Level Up in Your Court

Mondays & Wednesdays, 5:45-6:45 p.m.

September 2-December 16

Age: 7 & up

Take your game to the next level by going back to the basics of skill development and strength-based exercise. Focus on a new sport and skills each month through weekly socially distanced workouts at Lakeshore, or go at your own pace with an at-home option. [Learn more & register.](#)

8 Weeks to a Better Athlete

September 28-November 16

Age: 7 & up

This 8-week self-guided program will focus on the different aspects of what it takes to be the best athlete you can be. Each week you will be provided with resources, videos and tutorials that correspond with topic areas including nutrition, sports psychology, shoulder health, core strength, sleep and recovery.

[Learn more & register.](#)

Lakeshore Athlete Workouts

Fridays, 5:30-6:30 p.m. (youth) 7-8 p.m. (adult)

Join your fellow Lakeshore athletes for weekly heart-pounding, muscle-burning workouts at Lakeshore or at home.

[Learn more & register.](#)

Learn More

Visit lakeshore.org or call 205-313-7400.

