COVID-19 Reminders

As COVID-19 continues to spread throughout our state, it is important to continue to adhere to Lakeshore's COVID-19 guidelines to keep you and those around you safe and healthy.

- Wear a mask that covers your nose and mouth at all times while in the building unless in the pool.
- Remain, at minimum, 6 feet apart from one another.
- Wash your hands frequently.
- If you become aware of a potential exposure to COVID or have a positive COVID diagnosis, please notify Debbie Smith, debbies@lakeshore.org. She will assist with next steps before you return to Lakeshore.
- Self-monitor, and do not come to Lakeshore if you have any known COVID symptoms or potential exposure.
- We encourage you to get vaccinated if you are able.

Pardon the Delay

We are hard at work getting Lakeshore Online Fitness ready for you, so be on the lookout for the launch of this new member benefit next week!

We appreciate everyone who took our online fitness class survey. Your feedback helped develop our expanded schedule of live online fitness classes that will begin with the launch of Lakeshore Online Fitness. Check out the class schedule that will begin September 27!

Lakeshore Online Fitness Schedule

(Online classes only. Beginning September 27.)

Lakeshore Fitness Classes, online or in-person, are open to all adult members, no matter your disability or level of fitness. All exercises can be performed sitting or standing. Instructors provide modifications during class, and you are encouraged to explore any adaptations that feel good to your body.

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>Upper Body Basics</td>
<td>Zumba Gold</td>
<td>ABCs of Balance</td>
<td>Seated Yoga</td>
<td>Upper Body Basics</td>
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<tr>
<td>ABCs of Balance</td>
<td>Chair Yoga</td>
<td>Total Body Conditioning</td>
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Your Weekly Reservations

- Fitness Classes September 20-25
- Fitness Classes September 13-18
- Wheelchair Tennis Clinic September 22
Hammers kick off inaugural USAWFL season

The Birmingham Hammers wheelchair football team had a great inaugural tournament in Arizona over the weekend. The team finished 5th and is looking forward to the next competition October 30-31. You can check out photos from the weekend here.

Take Time to Transition

As the season changes, make time for yourself to transition with this peaceful guided meditation from NCHPAD. Check out more of their guided meditation series on YouTube.

Give Today

Lakeshore Foundation | lakeshore.org