



# LAKESHORE

## Your Weekly Update

September 22, 2021

### Member News



#### USA Wheelchair Rugby Returns to Lakeshore

We will be hosting a USA Wheelchair Rugby development training camp September 23-26. During camp, the Fieldhouse and track will be open and available to members, but we ask that everyone keep distance from the group while they are training on court three. Per COVID protocol, every training camp athlete must provide a negative COVID test 72 hours prior to departure to Birmingham, all athletes are tested the first day of camp, and masks are mandatory at all times.

### Lakeshore Online Fitness is Here!



Your Lakeshore membership offers so much, and we want you to be able to stay active and engaged wherever you are. That is why we are excited to bring you a new member benefit, **Lakeshore Online Fitness**. With Lakeshore Online Fitness you can:

- Take one (or all) of our 10 live online classes each week with your favorite Lakeshore fitness instructors.
- Get in a workout any time by watching one of our new recorded classes or short exercise videos from our Recorded Fitness Videos library.
- Receive extra benefits and incentives when you participate in the research component (optional) of Lakeshore Online Fitness and help us to continue to improve the platform.

#### How to Get Started

1. Visit [fitness.lakeshore.org](https://fitness.lakeshore.org) and click the **Create an Account** button to create your free account.
2. Once your membership is confirmed and your account is activated you can log in to your account and begin registering for live online (Zoom) fitness classes that will begin **Monday, September 27**.
3. Visit [lakeshore.org/onlinefitness](https://lakeshore.org/onlinefitness) to learn more and see our online class schedule.
4. If you have any issues creating your Lakeshore Online Fitness Account you may email [membership@lakeshore.org](mailto:membership@lakeshore.org).

[Create Your Account!](#)

### Your Weekly Reservation

The launch of **Lakeshore Online Fitness** will not change the way you register for in-person fitness classes. To register for a live online fitness class, visit [fitness.lakeshore.org](https://fitness.lakeshore.org) and create an account.

**In-person Fitness  
Classes September 27-  
October 2**

**In-person Fitness  
Classes September 20-25**

**Wheelchair Tennis Clinic  
September 29**



## We made it to Tokyo!

Ten weeks ago, 180 Lakeshore members took on the **Lakeshore to Tokyo** challenge to earn 6,790 miles - the distance from Lakeshore to Tokyo - by logging their minutes of exercise and time spent learning about Paralympic sports. The results are in, and the numbers are impressive!

Over nine weeks, participants collectively logged 530,559 minutes of exercise totaling 1,061,118 exercise miles! We had 23 bronze (2,300 miles), 18 silver (4,600 miles), and 52 gold (6,790 miles) level winners! Congratulations to everyone who participated and met their goal.

If you are a Lakeshore to Tokyo winner and have not picked up your prize. Fill out this [form](#) to schedule a pick-up time.

**DEAR FITNESS INDUSTRY,**

There's something you should know.

**81% of people with disabilities don't feel welcome in your spaces.\***


That staggering stat inspired us to make some moves. We've assembled a crew of accomplished athletes with disabilities to take on a new challenge: representation.


Meet these qualified candidates at [TrainersForHire.com](https://TrainersForHire.com)

Working together with you and our partners, we can make these spaces more inclusive. Diversity includes disability.

We know at the end of the day, we all want the same thing: the opportunity to move more with confidence.

Together, we can change the face of the fitness industry. Be a part of our movement, and ride with us.

 Degree.

Created in collaboration with  


## Lakeshore partners with Degree to launch #TrainersForHire

This week Degree deodorant launched a new initiative in partnership with Lakeshore and NCHPAD called #TrainersForHire – a call for more disability representation and inclusion in the fitness industry. To launch the campaign, Degree featured a "Dear Fitness Industry" ad in Sunday's New York Times and hosted a pop-up inclusive cycling class in New York City on Tuesday co-lead by Paralympic track and field athlete Blake Leeper and our very own Fitness Specialist Sonja Ast. Check out our [images](#) from the event and learn more about the initiative at [TrainersForHire.com](https://TrainersForHire.com). There you can view their roster of accomplished athletes and fitness professionals and download a toolkit developed by NCHPAD and Lakeshore that serves as a guide to building a more inclusive fitness industry.

## COVID-19 Reminders

- 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](mailto: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.

[Give Today](#)

Lakeshore Foundation | [lakeshore.org](https://lakeshore.org)

