Member News

Lakeshore Online Fitness: Launching September 15

We are excited to bring you Lakeshore Online Fitness, a new member platform that will give you more ways to stay active and engaged at home or on the go. The platform launches next Wednesday and will include an expanded schedule of online fitness classes.

With Lakeshore Online Fitness you will be able to:
• Register and attend weekly online fitness classes from home or on the go.
• Access our ever-expanding library of recorded exercise videos and articles.
• Receive email reminders about upcoming classes and track your attendance.

Give feedback. Receive benefits.
When you participate in the research component of Lakeshore Online Fitness, you will receive extra perks by providing valuable feedback to help us continue to improve the platform. If you participate, you will:
• Earn incentives by attending online classes.
• Receive text reminders about upcoming classes.
• Receive up to three coaching calls if you have difficulty attending online classes.

*Please note that the current in-person fitness class schedule and registration methods will not change. Lakeshore Online Fitness is for online classes and on-demand content only.

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.
♦ We encourage you to get vaccinated if you are able.

Don’t Forget

Air Rifle Shooting and Archery
Mondays and Wednesdays, 12-2 p.m.

Wheelchair Tennis
Wednesdays, 6-8 p.m.
Registration is required each week.

Boccia
Tuesdays from 10-11 a.m. and Wednesdays from 12-1 p.m.

Cycling
Tuesdays from 7 a.m. - 1 p.m. and 4-6 p.m.
Wednesdays from 11 a.m. - 1 p.m.
Fridays from 7-10 a.m.
Appointments are required. Contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443.
**Birmingham-Jefferson County Transit Authority Seeking Your Input**

The Birmingham-Jefferson County Transit Authority (BJCTA) needs your help. They are seeking feedback from the community to better understand the value Max Transit plays in the greater Birmingham community. The BJCTA has partnered with independent consultant TransPro Consulting to conduct a community value survey, analyze the results, and provide feedback to BJCTA management team and Board of Directors to understand the value BJCTA brings to the community and how it could improve in the future.

We encourage you to participate in the survey, open until September 14, and to share the link.

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**From Lakeshore Youth Athlete to Paralympic Gold Medalist**

After helping the U.S. Paralympic Men's Wheelchair Basketball Team claim its second straight Paralympic gold medal in Tokyo, Birmingham native and former Lakeshore youth wheelchair basketball player Brian Bell appeared on WBRC 6 News to talk about the win and his experience at the Games. Check out the interview.

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**COVID-19 Updates**

Visit the CDC's COVID-19 website for updates regarding the COVID-19 vaccines and immunocompromised individuals, breakthrough infections, booster shots and more. Thank you for your ongoing support as continue to wear masks at Lakeshore and encourage handwashing and social distancing. We continue to closely monitor the latest information from public health organizations and from our local healthcare providers.