



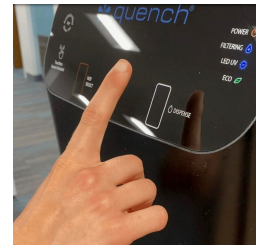
LAKESHORE

Your Weekly Update

September 29, 2021

Member News

New touchless water fountains have been installed around the facility in the Aquatics and Fitness Centers and Fieldhouse. Just hold your finger in front of the "Dispense" sensor to activate the fountain. Don't forget to bring a water bottle, and stay hydrated while working out.



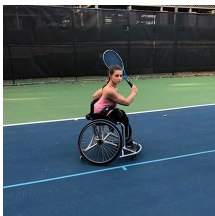
Mindfulness-Based Stress Reduction (MBSR) is a new program we offered earlier in the year, and we are excited to offer it once again beginning in late October. This evidence-based, online series offers mindfulness training to assist with stress, anxiety, depression and pain. This program, in partnership with the Reeve Foundation, is for people living with paralysis. Be on the lookout for more information and how to register in next week's update.

Create Your Lakeshore Online Fitness Account



Lakeshore Online Fitness is here! This free platform is available to all Lakeshore members, so go ahead and set up your account so you can access our weekly live fitness classes and library of recorded workout and exercise videos. Here's how to get started.

1. Visit 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, log in and begin using the platform. It's as easy as that!
3. Visit 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.



Take a Swing at Wheelchair Tennis

The arrival of cooler weather makes it the perfect time to get outside and try one of our weekly Wednesday wheelchair tennis clinics from 6 to 8 p.m. The clinics are for all skill and ability levels and include skill development and match play. We even provide all the equipment. All you have to do is sign up and show up. Have some questions? Contact Caroline at carolineh@lakeshore.org. We'll see you there! Please register by 5 p.m. on October 5.

[Register for October 6](#)

Your Weekly Reservation

The launch of **Lakeshore Online Fitness** does not change the way you register for in-person fitness classes. To register for a live online fitness class, visit fitness.lakeshore.org and create an account.

In-person Fitness Classes October 4-9

In-person Fitness Classes September 27-
October 2



Lakeshore to Tokyo Survey

If you recently participated in our Lakeshore to Tokyo challenge, we want to hear from you! Please take this short survey about your experience.

Take Survey



Staff Spotlight: Isia Jenkins

Meet one of our newest staff members, Rec & Athletics Specialist Isia Jenkins. Find out how Isia learned about Lakeshore, some of her favorite hobbies and what she's currently binge-watching.

COVID-19 Reminders

We continue our commitment to providing an environment that is as safe as possible for you and your fellow members. Please remember the following guidelines for using the Lakeshore facility:

- 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.

Give Today

Lakeshore Foundation | lakeshore.org

