



# LAKESHORE

## Your Weekly Update

January 5, 2022

### Member News

As we enter 2022, we remain committed to making Lakeshore as safe as possible. Thank you for doing your part! Wearing a mask over your nose **and** mouth continues to be a primary way to reduce the spread of COVID and is required in our buildings. You should bring your mask with you each time you visit. Masks are available at the front desks if you forget yours but are not intended to routinely replace your own mask.

Please also remember,

- 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 and receive your booster. Visit [vaccines.gov](https://www.vaccines.gov) to find a vaccine near you.

### It's a great time to cycle!



Cycling in the Fieldhouse is back! Arm-powered handcycles and leg-powered recumbent bikes are available for you to reserve and ride independently, or join our new cycling class each Monday and ride with a cycling instructor.

#### Cycling Times

Tuesdays & Thursdays, 8:30 a.m.-1 p.m. (Reservations are required 24 hours in advance.)  
Wednesdays, 11 a.m.-1 p.m. (No reservations required.)

#### New! Cycling Class

Mondays: 11-11:45 a.m.  
(Reservations are required 24 hours in advance.)

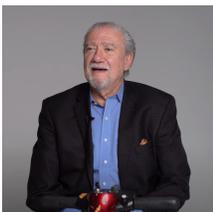
To make a cycling reservation, email Caroline Hudlow at [carolineh@lakeshore.org](mailto:carolineh@lakeshore.org).

### Your Weekly Reservations

In-person Fitness Classes January 10-15

In-person Fitness Classes January 3-8

Can't make it to Lakeshore? Take one of our fitness classes wherever you are with Lakeshore Online Fitness. Visit [fitness.lakeshore.org](https://fitness.lakeshore.org) to log in or create your account.



### BBJ Feature on John Kemp

Recently the Birmingham Business Journal sat down with Lakeshore President John Kemp to discuss his new position and vision for the organization. [Check it out.](#)



## Disability:IN NextGen Leader Application Deadline Jan. 7

If you are a college student or recent graduate with a disability, the deadline to apply to be a [Disability:IN NextGen Leader](#) is January 7. NextGen Leaders are matched one-on-one with mentors from Disability:In Corporate Partners across all industries like Google, JPMorgan Chase, Microsoft, Boeing and Pfizer. POC, women, veterans, and members of the LGBTQIA+ community with disabilities are especially encouraged to apply.



## Get personalized fitness that benefits you and others through Lakeshore Research

If you are looking for a personalized fitness, health and wellness program, then one of our UAB/Lakeshore Research Collaborative studies might be right for you. These online programs are designed specifically for people with different types of disabilities, and when you participate, you help develop more fitness opportunities for more people. Learn more about [SClpe](#), [MENTOR](#) or [Super Health](#) and give them a try.

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