




















# August Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Register in the MyLSF app</b> Reach out to <a href="mailto:LPAdultPrograms@LakeshoreSF.com">LPAdultPrograms@LakeshoreSF.com</a> for more information</p>				<p>1 LSF Olympics – Planks Presses &amp; Push-Ups <b>Jazzy Thursdays Mahjong</b> 10am-12pm</p>	<p>2 <b>Pickleball &amp; Jams: Hip Hop</b> 5-7pm</p>	<p>3 <b>Abs Sculpt</b> 7-7:30am </p>
<p>4  <b>Brunch &amp; Bocce</b> 11am-3pm</p>	<p>5 <b>Intro to Yoga</b> 8:30-9:30am  <b>Run Club</b> 5:30pm</p>	<p>6  <b>Mahjong</b> 5:30-7:30pm</p>	<p>7 <b>Bootcamp in the Park</b> 6-7am  <b>Wine Down Wednesday</b> 6-8:30pm</p>	<p>8 <b>Jazzy Thursdays Mahjong</b> 10am-12pm</p>	<p>9 <b>Run Club</b> 7am  <b>Pickleball &amp; Jams: 60's &amp; 70's Hits</b> 5-7pm</p>	<p>10 <b>Intro to Yoga</b> 9:30-10:30am </p>
<p>11 <b>Brunch &amp; Bocce</b> 11am-3pm</p>	<p>12 <b>Run Club</b> 5:30pm </p>	<p>13</p>	<p>14 <b>Bootcamp in the Park</b> 6-7am <b>Wine Down Wednesday</b> 6pm-8:30pm <b>Run Smarter, Not Harder</b> 6-7pm <b>Shake it Off Group Fitness Dance Event</b> 6:45-7:45pm</p>	<p>15 <b>Mahjong</b> 10am-12pm  <b>Jazzy Thursdays Book Club: First Lie Wins</b> 6-7pm</p>	<p>16 <b>Run Club</b> 7am  <b>Pickleball &amp; Jams: Rock and Roll</b> 5-7pm</p>	<p>17 <b>Shake it Off Group Fitness Dance Event</b> 10:45-11:45am <b>Smash &amp; Dink Pickle Mixer</b> 4-6pm <b>Movie on the Lawn: Top Gun: Maverick</b> 8:30pm </p>
<p>18 <b>Brunch &amp; Burn</b> 10-11am  <b>Dog Days of Summer</b> 12-3pm</p>	<p>19 <b>Run Club</b> 5:30pm  <b>Bosu Strength &amp; Balance</b> 5-6pm</p>	<p>20 <b>FUNCTIONAL Tabata</b> 6:30-7:30am  <b>Mahjong</b> 5:30-7:30pm</p>	<p>21 <b>Intro to Pilates</b> 5-6pm  <b>Wine Down Wednesday</b> 6-8:30pm</p>	<p>22  <b>Jazzy Thursdays Mahjong</b> 10am-12pm</p>	<p>23 <b>Run Club</b> 7am  <b>Pickleball &amp; Jams: Midtown &amp; Soul</b> 5-7pm</p>	<p>24 <b>Summer Slice Pickleball Tournament</b> 4-6pm </p>
<p>25  <b>Brunch &amp; Bocce</b> 11am-3pm</p>	<p>26 <b>Run Club</b> 5:30pm</p>	<p>27</p>	<p>28</p>	<p>29 <b>Abs Sculpt</b> – 5:30-6pm <b>Fit after 50 Weight Loss: Nutrition Tips &amp; Tricks</b> 6-7pm <b>Wine Down Wednesday</b> 6pm-8:30pm</p>	<p>30 <b>Run Club</b> 7am  <b>Pickleball &amp; Jams: Summer Pop</b> 5-7pm</p>	<p>31</p>