





















September Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  "Shake it Off" Dance Event 10:30-11:30am	2	3  Mahjong 5-7pm	4 Wine Down Wednesday 6-8:30pm	5 Jazzy Thursdays	6  Run Club 7am	7  Restorative Yoga 9:30-10:30am Finals at Flushing: Cardio Class & US Open Women's Final Watch Party 1:30pm
8 US Open Cardio Tennis 11:30-1pm US Open Women's Final Watch Party 1pm	9  Run Club 5:30pm	10 Mahjong 5-7pm	11 Wine Down Wednesday 6-8:30pm 	12 Jazzy Thursdays 	13 Run Club 7am Coffee & Conversations 8am-10am BALANCE Group Fitness Event 8:30-9:15am 	14 Intro to Yoga 9:30-10:30am 
15  Intro to Yoga 1:15-2pm	16 Run Club 5:30pm 	17 Mahjong 5-7pm	18 Fit After 50: Workout Prep: Warm Up, Cool Down 5-5:45pm Wine Down Wednesday 6-8:30pm	19 Chess Open Play 10am-12pm Jazzy Thursdays Book Club: Table for 2 by Amor Towles 6-7pm 	20 Run Club 7am Coffee & Conversations 8am-10am	21 Kettlebells & Cardio 10-10:45am Pickleball Social Smash 4pm-6pm Tequila Tasting 6-8:30pm 
22	23 Run Club 5:30pm	24  Intro to Yoga 6-6:45pm Half Court Hoops 8-10pm	25 Wine Down Wednesday 6-8:30pm	26  Jazzy Thursdays Mahjong 10am-12pm	27 Run Club 7am Coffee & Conversations 8-10am 	28 Intro to Lap Swimming 12-12:45pm Wholesale Wine Night at Harvest 7-10pm 
29	30 Run Club 5:30pm  Yoga 4 Athletes 6-7pm			<p align="center"> Register in the MyLSF app Reach out to LPAAdultPrograms@LakeshoreSF.com for more information </p>		