



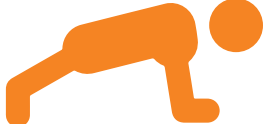
















# July Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7/1 Outdoor Vinyasa Yoga 7-8am	7/2  Rooftop Outdoor Summer Shred 5:30-6:15pm	7/3 Outdoor Vinyasa Yoga 7-8am	7/4  Holiday Schedule 7am-3pm	7/5  Holiday Schedule 7am-3pm
7/6  Holiday Schedule 7am-3pm	7/7  Outdoor Vinyasa Yoga 6:15-7:15pm	7/8 Skyline Core Conditioning 5-5:30pm  Skyline Total Body Conditioning 5:30-6:15pm	7/9 Say Cheese: Make Your Own Personalized Cutting Board 5:30-7:00pm	7/10	7/11  Pickleball & Happy Hour 4-6:30pm	7/12  Intro to Badminton 12-12:30pm
7/13  Introduction to Pickleball 10:15-11:45am	7/14  Outdoor Vinyasa Yoga 6:15-7:15pm	7/15  Aqua Fit 8:30-9:15am	7/16  Mahjong 12-2pm	7/17 Lakeshore East Movie in the Park: Music 7pm Twisters 8:30pm	7/18  Aqua Fit 8:30-9:15am	7/19
7/20	7/21	7/22 Outdoor Vinyasa Yoga 7-8am 	7/23  Rooftop Outdoor Summer Shred 5:30-6:15pm	7/24	7/25 Squash Mixer 5:30-7:30pm 	7/26
7/27  Introduction to Pickleball 10:30-12:00pm	7/28	7/29	7/30 Mahjong 12-2pm  Rooftop Outdoor Summer Shred 5:30-6:15pm	7/31  Skyline Bingo Night 5:30-7pm	<b>Register in the MyLSF app</b> <small>Reach out to <a href="mailto:ICMembership@LakeshoreSF.com">ICMembership@LakeshoreSF.com</a> for more information</small>	