

October Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Register in the MyLSF app Reach out to ICMembership@LakeshoreSF.com for more information			10/1	10/2 Spooky Painting 5:30-7pm	10/3	10/4  Pickles & Pumpkins Doubles Scramble & Mixer 11am-4pm
10/5  Intro to Pickleball 9:30-11am	10/6  Spook, Spike & Serve: Volleyball Open Gym 5:30-7pm	10/7  Yoga Basics 5:15-6pm	10/8  Basketball Open Run 5:30-8:30pm	10/9	10/10	10/11  Yoga 4 Flexibility 9:30-10:30am
10/12  Intro to Badminton 9:30-11am	10/13	10/14	10/15  Special Event Group Fitness Class: Legs, Weights & Bands 5:30-6:15pm	10/16	10/17	10/18  Aqua Fit 8:30-9:15am
10/19  Intro to Pickleball 9:30-11am	10/20	10/21 Intro to Cardio Kickboxing 5:30-6:15pm	10/22  Jersey Night: Basketball Open Run 5-8:30pm	10/23  Killer Cocktails 5:30-7:30pm	10/24 Lakeshore East Halloween Movie: Hotel Transylvania 5:30-7:30pm	10/25 Lakeshore East Halloween Parade 9am-1pm  Thriller Dance Event 10-11am
10/26	10/27	10/28	10/29  Mahjong 12-2pm	10/30	10/31 Pickleball Halloween Happy Hour: Superheroes Vs. Villains 3-6pm	