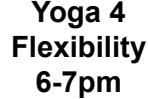
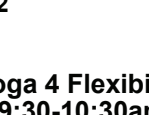


November Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Register in the MyLSF app Reach out to LPAAdultPrograms@LakeshoreSF.com for more information						11/1
11/2  Intro to Pickleball 9:30-11am	11/3	11/4	11/5  New Class: The Mat Method 5:15-6pm	11/6  New Class: Mobility, Core & Stretch 6:15-7pm	11/7  Columbus Plaza Meet & Greet 5-6:30pm	11/8  Squash Mixer 6-8pm
11/9  Sunday Cycle 9:30-10:15am	11/10  New Class: Abs & Booty 6:30-7:15pm	11/11	11/12  Intro to Body Sculpting 5:30-6:15pm Wreath Building 5:30-7pm	11/13  Yoga 4 Flexibility 6-7pm	11/14	11/15  New Class: Playground Workout 9-9:45am
11/16  Intro to Pickleball 9:30-11am	11/17	11/18  Aqua Fit 8:30-9:15am	11/19  Zumba: Pre-Holiday Shake Down 6:15-7pm	11/20  Holiday Wine Tasting & Purchasing the Perfect Bottle for Guests 5:30-7pm	11/21  Basketball Open Run 6-8pm	11/22  Yoga 4 Flexibility 9:30-10:30am
11/23 Holiday Hours 7AM-3PM 11/30	11/24	11/25	11/26	11/27  HAPPY THANKSGIVING! CLOSED	11/28  Black Friday Extended Pickleball Play 9:45-2:45pm	11/29 Holiday Hours 7AM-3PM