



# May Adult Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Register in the MyLSF app</b></p> <p>Reach out to <a href="mailto:ICMembership@LakeshoreSF.com">ICMembership@LakeshoreSF.com</a> for more information</p>					5/1  <b>Spa in the Springtime Starts</b>	5/2
5/3	5/4	5/5  <b>Taco Tuesday/Margarita Masterclass</b> 6-7:30pm	5/6	5/7  <b>Flower Arrangement Workshop</b> 5:30-7pm <b>Yoga Basics</b> 5:15-6pm	5/8	5/9
5/10	5/11  <b>TeamX: Muay Thai</b> 6pm	5/12  <b>Vibe Dance Fitness</b> 6:15-7pm	5/13  <b>Pickleball Drills &amp; Skills</b> <b>Ping Pong Mixer</b> 5:30-8:30pm	5/14	5/15	5/16
5/17  <b>Introduction to Pickleball</b> 9:45am-11am	5/18  <b>Specialty: Modified MURPH Workout</b> 4:30pm <b>Community Volleyball Open Gym</b> 5:30-7pm	5/19	5/20  <b>Paint &amp; Sip</b> 5:30-7pm	5/21	5/22	5/23 <b>Memorial Day Weekend Club Hours</b> 7am to 3pm
5/24 <b>Memorial Day Weekend Club Hours</b> 7am to 3pm 5/31 <b>Introduction to Pickleball</b> 9:45am-11am	5/25 <b>Memorial Day Weekend Club Hours</b> 7am to 3pm	5/26  <b>RedCross Blood Drive</b> 1-6PM <b>Vibe Dance Fitness</b> 6:15-7pm	5/27  <b>Cardio Pickleball</b>	5/28  <b>Member Mixer</b> 6-7:30pm	5/29	5/30  <b>3v3 Basketball Tourney</b> 9am - 12pm <b>Yoga Basics</b> 10:30-11:15am