












# Lakeshore Sport & Fitness – Lincoln Park

October 2022

RSVP for all events on the MyLSF App. All events are subject to a 24-hour late cancellation \$15 and No-Show fee \$25.  
All events that have a \* following require an additional fee.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11 Make a MESSter-Piece  @ 4pm – 5pm	12	13	14 Parents' Night Out: Magic Mayhem  @ 6pm – 9pm	15 Family Yoga @ 12pm – 12:45pm Family Melody: Spooky Tunes @ 11am-11:45am 
16  Falloween 2pm-5pm	17 	18	19 Pajama Storytime Jam 6pm-7pm 	20	21	22 Parents' Night Out: Mad Science @ 5pm – 9pm 
23	24	25 Creation Station @ 4pm – 5pm 	26 Pajama Storytime Jam 6pm-7pm 	27	28	29 Family Yoga @ 12pm – 1pm Saturday Playdate: Costume Party @ 3pm-6pm 
30	31 					

- 10/11 Make a MESSter-Piece 4pm-5pm
- 10/14 Parents' Night Out 6-9pm
- 10/15 Family Music- Spooky Tunes with Mr. David 11am-11:45am
- 10/15 Family Yoga 12pm-12:45pm
- 10/16 Falloween Festival 2pm-5pm
- 10/19 Pajama Storytime Jam 6pm-7pm- Drop off and enjoy Wine Down Wednesday in the 1320 Market!
- 10/22 Parents' Night Out 5pm-9pm
- 10/25 Creation Station 4pm-5pm
- 10/26 Pajama Storytime Jam 6pm-7pm- Drop off and enjoy Wine Down Wednesday in the 1320 Market!
- 10/29 Family Yoga 12pm-1pm
- 10/29 Saturday Playdate 3pm-6pm