









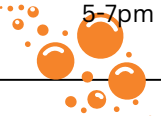


# Lakeshore Sport & Fitness - Lincoln Park

RSVP for all events on the MyLSF App. All events are subject to a 24-hour late cancellation \$15 and No-Show fee \$25.

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Family Yoga 3-5y.o. 11-11:45am 6+ 11:45-12:15pm Snow Cone Saturday! 2-4pm
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Pajama Story Jam 6-7pm 	<b>6</b> Family Movie Night <i>Coco</i> 8-10 pm	<b>7</b> Family Night Out <i>Bucket Golf</i> 5-7pm 	<b>8</b> Family Yoga 3-5y.o. 11-11:45am 6+ 11:45-12:15pm Snow Cone Saturday! 2-4pm Parents' Night Out 5-9pm 
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Family Music 4-4:45pm Pajama Story Jam 6-7pm 	<b>13</b> Family Movie Night <i>National Treasure</i> 8-10 pm	<b>14</b> Family Night Out <i>Family Trivia Night</i> 5-7pm 	<b>15</b> Family Yoga 3-5y.o. 11-11:45am 6+ 11:45-12:15pm Snow Cone Saturday! 2-4pm Saturday Playdate 2-4pm 
<b>16</b>	<b>17</b>	<b>18</b> Make a MESS-terpiece 4-5pm 	<b>19</b> Pajama Story Jam 6-7pm 	<b>20</b> Family Movie Night <i>Alice in Wonderland</i> 8-10 pm	<b>21</b> Family Night Out Board Game Night 5-7pm 	<b>22</b> Family Yoga 3-5y.o. 11-11:45am 6+ 11:45-12:15pm Snow Cone Saturday! 2-4pm 
<b>23</b> SummerFest 2-6pm 	<b>24</b>	<b>25</b>	<b>26</b> Pajama Story Jam 6-7pm 	<b>27</b> Family Movie Night <i>The Lorax</i> 8-10 pm	<b>28</b> Family Night Out <i>Bubble Artist!</i> 5-7pm 	<b>29</b> Family Yoga 3-5y.o. 11-11:45am 6+ 11:45-12:15pm Snow Cone Saturday! 2-4pm Parents' Night Out 5-9pm
<b>30</b>	<b>31</b>					

- 7/1 Family Yoga 11-11:30am; 11:45am-12:15pm
- 7/1 Snow Cone Saturday 2-4pm
- 7/5 Pajama Story Jam 6-7pm
- 7/6 Family Movie Night, Coco, 8-10pm
- 7/7 Family Night Out, Bucket Golf, 5-7pm
- 7/8 Family Yoga 11-11:30am; 11:45am-12:15pm
- 7/8 Snow Cone Saturday 2-4pm

- 7/8 Parent's Night Out 5-9pm
- 7/12 Family Music 4-4:45pm
- 7/12 Pajama Story Jam 6-7pm
- 7/13 Family Movie Night, National Treasure, 8-10pm
- 7/14 Family Night Out, Trivia Night 5-7pm
- 7/15 Family Yoga 11-11:30am; 11:45am-12:15pm
- 7/15 Snow Cone Saturday 2-4pm

- 7/15 Saturday Playdate, 3-6pm
- 7/18 Make a MESS-terpiece 4-5pm
- 7/19 Pajama Story Jam 6-7pm
- 7/20 Family Movie Night, Alice in Wonderland, 8-10pm
- 7/21 Family Night Out, Family Game Night, 5-7pm
- 7/15 Family Yoga 11-11:30am; 11:45am-12:15pm
- 7/22 Snow Cone Saturday 2-4pm

- 7/23 SummerFest, 2-6pm
- 7/26 Pajama Story Jam 6-7pm
- 7/27 Family Movie Night, The Lorax, 8-10pm
- 7/28 Family Night Out, Bubble Artist, 5-7pm
- 7/29 Family Yoga 11-11:30am; 11:45am-12:15pm
- 7/29 Snow Cone Saturday 2-4pm
- 7/29 Parent's Night Out 5-9pm