

DECEMBER EVENTS 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

liv
crossroads™

KEY

- liv responsibly event
- Event Benefiting The American Cancer Society's "Relay for Life"
- liv well event
- liv connected event

Wellness Coffee Chat
7:00am - 8:00am | Zoom

Cardio and Core
6:15pm - 7:00pm | Liv Fit

01

TRX Suspension Trainer Workout
6:15pm - 7:00pm | Liv Fit

MASCOT MENS CLEANERS

02

Outdoor Bootcamp
7:00am - 7:45am
Liv Fit Courtyard

Food Truck Friday
5:30pm - 7:30pm

03

Hiking Club
1:30pm - 3:30pm | TBD

Liv With Luv Expo
5pm - 7pm | Liv Crossroads

04

Kid's Club
12:00pm - 1:00pm | The Hub

05

Yoga
7:00pm - 7:45pm | Liv Fit

MASCOT MENS CLEANERS

06

07

Wellness Coffee Chat
7:00am - 8:00am | Zoom

Cardio and Core
6:15pm - 7:00pm | Liv Fit

08

TRX Suspension Trainer Workout
6:15pm - 7:00pm | Liv Fit

MASCOT MENS CLEANERS

09

Outdoor Bootcamp
7:00am - 7:45am
Liv Fit Courtyard

10

Pancake Breakfast
9:00am - 10:00am | The Hub

Hiking Club
1:30pm - 3:30pm | TBD

11

Holiday Pet Toy/Supply Drive
1:00pm - 2:00pm | Bark Park

Yappy Hour
1:00pm - 2:00pm | Bark Park

12

Yoga
7:00pm - 7:45pm | Liv Fit

MASCOT MENS CLEANERS

13

14

Wellness Coffee Chat
7:00am - 8:00am | Zoom

Cardio and Core
6:15pm - 7:00pm | Liv Fit

15

TRX Suspension Trainer Workout
6:15pm - 7:00pm | Liv Fit

MASCOT MENS CLEANERS

16

Outdoor Bootcamp
7:00am - 7:45am
Liv Fit Courtyard

17

Hiking Club
1:30pm - 3:30pm | TBD

Holiday Happy Hour and Dinner
5:30pm - 7:30pm | The Hub

18

19

Yoga
7:00pm - 7:45pm | Liv Fit

MASCOT MENS CLEANERS

20

21

Wellness Coffee Chat
7:00am - 8:00am | Zoom

Cardio and Core
6:15pm - 7:00pm | Liv Fit

22

TRX Suspension Trainer Workout
6:15pm - 7:00pm | Liv Fit

MASCOT MENS CLEANERS

23

OFFICE CLOSED

24

CHRISTMAS DAY
OFFICE CLOSED

25

26

Yoga
7:00pm - 7:45pm | Liv Fit

MASCOT MENS CLEANERS

27

28

Wellness Coffee Chat
7:00am - 8:00am | Zoom

Cardio and Core
6:15pm - 7:00pm | Liv Fit

29

TRX Suspension Trainer Workout
6:15pm - 7:00pm | Liv Fit

MASCOT MENS CLEANERS

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