JANUARY EVENTS 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 7:00pm - 7:45pm | Liv Fit 02	03	**Buns & Guns** 7:00am - 7:45am | Liv Fit 04	**TRX Suspension Trainer Workout** 6:15pm - 7:00pm | Liv Fit 05	06	**Outdoor Bootcamp** 7:00am - 7:45am Liv Fit Courtyard **Food Truck Friday** 5:30pm - 7:30pm 07	**Hiking Club** 1:30pm - 3:30pm | TBD 01 **Pancake Breakfast** 9:00am - 10:00am | The Hub **Hiking Club** 1:30pm - 3:30pm | TBD 08
Yoga 7:00pm - 7:45pm | Liv Fit 09	**Liv Well Scavenger Hunt** 5:30pm - 6:30pm | The Hub 10	**Buns & Guns** 7:00am - 7:45am | Liv Fit 11	**TRX Suspension Trainer Workout** 6:15pm - 7:00pm | Liv Fit 12	13	**Outdoor Bootcamp** 7:00am - 7:45am Liv Fit Courtyard 14	**Hiking Club** 1:30pm - 3:30pm | TBD **Paint Party & Wine** 5:30pm - 7:30pm | The Hub 15
Yappy Hour 12:00pm - 1:00pm | Bark Park **Yoga** 7:00pm - 7:45pm | Liv Fit 16	17	**Buns & Guns** 7:00am - 7:45am | Liv Fit 18	**TRX Suspension Trainer Workout** 6:15pm - 7:00pm | Liv Fit 19	20	**Outdoor Bootcamp** 7:00am - 7:45am Liv Fit Courtyard **Happy Hour** 5:30pm - 7:30pm | The Hub 21	**Hiking Club** 1:30pm - 3:30pm | TBD 22
Kid's Club Field Day 1:00pm - 2:00pm | The Hub **Yoga** 7:00pm - 7:45pm | Liv Fit 23	24	**Buns & Guns** 7:00am - 7:45am | Liv Fit 25	**TRX Suspension Trainer Workout** 6:15pm - 7:00pm | Liv Fit 26	27	**Outdoor Bootcamp** 7:00am - 7:45am Liv Fit Courtyard 28	**Hiking Club** 1:30pm - 3:30pm | TBD 29
Yoga 7:00pm - 7:45pm | Liv Fit 30	31					

liv crossroads™

KEY

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