

AUGUST EVENTS 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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HydroFit
5:45am - 6:30am | Pool

01

Buns & Guns
6:15pm - 7:00pm | Liv Fit

03

Coffee Chat
9:30am - 10:30am | The Hub

04

HydroFit
9:00am - 9:45am | Pool

05

Full Body HIIT
9:00am - 9:45am | Liv Fit

06

Paddle Board Yoga
8:00am - 9:00am | Liv Pool

07

HydroFit
5:45am - 6:30am | Pool

08

Buns & Guns
6:15pm - 7:00pm | Liv Fit

10

HydroFit
9:00am - 9:45am | Pool

12

Grind & Grub
8:15am - 9:00am | Liv Fit

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

13

Garden Club
9:00am - 10:00am | Liv Garden

14

HydroFit
5:45am - 6:30am | Pool

15

Meet Your Neighbors Potluck
5:00pm - 7:00pm | The Hub

16

Buns & Guns
6:15pm - 7:00pm | Liv Fit

17

HydroFit
9:00am - 9:45am | Pool

19

Full Body HIIT
9:00am - 9:45am | Liv Fit

Poolside Happy Hour
1:00pm - 3:00pm | Liv Poolside

20

Book Club
3:00pm - 4:00pm | The Hub

21

HydroFit
5:45am - 6:30am | Pool

22

Buns & Guns
6:15pm - 7:00pm | Liv Fit

24

HydroFit
9:00am - 9:45am | Pool

26

Full Body HIIT
9:00am - 9:45am | Liv Fit

Puppy Paint Party
12:00pm - 1:00pm | The Hub

27

Garden Club
9:00am - 10:00am | Liv Garden

28

HydroFit
5:45am - 6:30am | Pool

29

Buns & Guns
6:15pm - 7:00pm | Liv Fit

31

30

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KEY



liv
responsibly
event



liv
well
event



Event Benefiting
The American
Cancer Society's
"Relay for Life"



liv
connected
event