

MAY EVENTS 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	 Virtual Meal Prep With Ben 7:00pm - 7:45pm Virtual	 Yoga 5:00pm - 6:00pm Liv Fit	 Sound Meditation 7:00pm - 7:45pm Virtual	 Cardio & Core 5:00pm - 6:00pm Liv Fit  Cinco De Mayo Happy Hour 6:00pm - 7:30pm The Hub		 HydroFit 10:15am - 11:15am Back Pool  Mother's Day Event 11:00am - 12:00pm The Hub
08	 Virtual Meal Prep With Ben 7:00pm - 7:45pm Virtual	 Yoga 5:00pm - 6:00pm Liv Fit	 Sound Meditation 7:00pm - 7:45pm Virtual	 Cardio & Core 5:00pm - 6:00pm Liv Fit		 Pancake Breakfast 9:00am - 10:00am The Hub  Golf Sign-ups Meeting 10:00am - 10:15am The Hub  HydroFit 10:15am - 11:15am Back Pool
 Garden Club 3:00pm - 4:00pm Liv Garden	 Virtual Meal Prep With Ben 7:00pm - 7:45pm Virtual	 Yoga 5:00pm - 6:00pm Liv Fit	 Sound Meditation 7:00pm - 7:45pm Virtual	 Cardio & Core 5:00pm - 6:00pm Liv Fit		 HydroFit 10:15am - 11:15am Back Pool  Kid's Club 11:00am - 12:00pm The Hub
22	 Virtual Meal Prep With Ben 7:00pm - 7:45pm Virtual	 Yoga 5:00pm - 6:00pm Liv Fit  Yappy Hour 5:30pm - 6:30pm Bark Park	 Sound Meditation 7:00pm - 7:45pm Virtual	 Cardio & Core 5:00pm - 6:00pm Liv Fit		 HydroFit 10:15am - 11:15am Back Pool  Pool Party and Cornhole Tournament 4:00pm - 6:00pm Back Pool
29	Memorial Day Office Closed	 Yoga 5:00pm - 6:00pm Liv Fit	FOLLOW US!  Instagram: @livnorthgate  TikTok: livnorthgate  Facebook: livnorthgate		     <p>Event Benefiting The American Cancer Society's "Relay for Life"</p>	