

JULY EVENTS 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



KEY



liv responsibly event



liv well event



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



liv connected event

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Weightlifting
7:00am - 8:00am | Liv Fit



HydroFit
10:15am - 11:15am | Back Pool



Independence Day Celebration & Pie-Eating Contest
12:00pm - 2:00pm | Front Pool

01

02

03

04



Cardio & Core
8:00am - 9:00am | Liv Fit

05



Coffee Chat
10:00am - 11:00am | Liv Cafe

06



Food Truck Wednesday
4:30pm - 7:30pm | Parking Lot



World Chocolate Day Raffle
9:00am - 5:00pm | Office

07



Weightlifting
7:00am - 8:00am | Liv Fit

08



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



HydroFit
10:15am - 11:15am | Back Pool

09



Salsa Dancing
7:00pm - 8:00pm | Liv Fit

10

11



Cardio & Core
8:00am - 9:00am | Liv Fit

12



Coffee Chat
10:00am - 11:00am | Liv Cafe



Food Truck Wednesday
4:30pm - 7:30pm | Parking Lot



Paint Party & Wine
5:00pm - 7:00pm | The Hub



Yoga
7:30pm - 8:30pm | Liv Fit

13

14



Weightlifting
7:00am - 8:00am | Liv Fit

15



HydroFit
10:15am - 11:15am | Back Pool

16



Garden Club
8:00am - 9:00am | Liv Garden

17

18



Cardio & Core
8:00am - 9:00am | Liv Fit

19



Coffee Chat
10:00am - 11:00am | Liv Cafe



Food Truck Wednesday
4:30pm - 7:30pm | Parking Lot



Yoga
7:30pm - 8:30pm | Liv Fit

20



Happy Hour
6:00pm - 8:00pm | Front Pool

21



Weightlifting
7:00am - 8:00am | Liv Fit

22



HydroFit
10:15am - 11:15am | Back Pool

23



Salad in a Jar Party
6:15pm - 7:00pm | The Hub

24



Salsa Dancing
7:00pm - 8:00pm | Liv Fit

25



Cardio & Core
8:00am - 9:00am | Liv Fit

26



Yappy Hour
5:00pm - 6:00pm | Bark Park



Coffee Chat
10:00am - 11:00am | Liv Cafe



Food Truck Wednesday
4:30pm - 7:30pm | Parking Lot



Yoga
7:30pm - 8:30pm | Liv Fit

27

28



Weightlifting
7:00am - 8:00am | Liv Fit

29



HydroFit
10:15am - 11:15am | Back Pool



Kids Club Movie Day
11:00am - 12:00pm | The Hub

30

31