

MAY EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Flow Yoga
5:30pm - 6:30pm | Liv Fit

01

Candlelit Restorative Yoga for Beginners
7:15pm - 8:15pm | Liv Fit

02

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

Macology Food Truck
5:00pm - 8:00pm | Parking Lot

Yogalates
6:00pm - 7:00pm | Liv Fit

03

Kickboxing
6:30pm - 7:30pm | Liv Fit

05

HydroFit
10:15am - 11:00am | Back Pool

06

Binaural Beats
7:15pm - 8:00am | Virtual

07

Flow Yoga
5:30pm - 6:30pm | Liv Fit

08

Candlelit Restorative Yoga for Beginners
7:15pm - 8:15pm | Liv Fit

09

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

Jimbo's Wings Food Truck
5:00pm - 8:00pm | Parking Lot

Yogalates
6:00pm - 7:00pm | Liv Fit

10

Kickboxing
6:30pm - 7:30pm | Liv Fit

12

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

HydroFit
10:15am - 11:00am | Back Pool

13

Binaural Beats
7:15pm - 8:00am | Virtual

14

Make It Monday
4:00pm - 5:00pm | The Hub

Flow Yoga
5:30pm - 6:30pm | Liv Fit

15

Candlelit Restorative Yoga for Beginners
7:15pm - 8:15pm | Liv Fit

16

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

Wave Beach Cafe Food Truck
5:00pm - 8:00pm | Parking Lot

Yogalates
6:00pm - 7:00pm | Liv Fit

17

Kickboxing
6:30pm - 7:30pm | Liv Fit

19

HydroFit
10:15am - 11:00am | Back Pool

Sip & Splash Pool Bash
1:30pm - 3:30pm | Front Pool

20

Binaural Beats
7:15pm - 8:00am | Virtual

21

Flow Yoga
5:30pm - 6:30pm | Liv Fit

22

Candlelit Restorative Yoga for Beginners
7:15pm - 8:15pm | Liv Fit

23

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

The Fried Joint Food Truck
5:00pm - 8:00pm | Parking Lot

Yogalates
6:00pm - 7:00pm | Liv Fit

24

Kids Club: Field Day
11:00am - 12:00pm
Back Pool Field

26

Kickboxing
6:30pm - 7:30pm | Liv Fit

Garden Club
9:00am - 11:00am | Liv Garden

HydroFit
10:15am - 11:00am | Back Pool

27

Binaural Beats
7:15pm - 8:00am | Virtual

28

Flow Yoga
5:30pm - 6:30pm | Liv Fit

29

Yappy Hour Pool Paw-ty
4:30pm - 5:30pm | Bark Park

Candlelit Restorative Yoga for Beginners
7:15pm - 8:15pm | Liv Fit

America's Got Talent Tuesday's
8pm - 9pm | The Hub

30

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

Mr. Wonderful's Chicken and Waffles Food Truck
5:00pm - 8:00pm | Parking Lot

Yogalates
6:00pm - 7:00pm | Liv Fit

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KEY

liv responsibly event

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

liv well event

liv connected event