MARCH EVENTS 2024

MONDAY

Events in **orange** represent Liv Wellness Classes

Events in **blue** represent resident-led events (not Liv sponsored)

LiV* responsibly Liv* connected northgate

Restorative Yoga

7:15pm - 8:00pm | Liv Fit

FOLLOW US!

Food Truck

Instagram: @livnorthgate

WEDNESDAY



READ ACROSS AMERICA DAY

FRIDAY

Pickleball 8:00am - 8:45am | Sport Court

SATURDAY

TikTok:

livnorthgate livnorthgate

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19

5:00pm - 8:00pm | Front Lot

HydroFit Glow 7:15pm - 8:00pm | Front Pool

THURSDAY

8:00am - 8:45am | Sport Court

Pancake Breakfast

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

9:30am - 10:30am | Liv Garden

Garden Club

SUNDAY

Restorative Yoga 7:15pm - 8:00pm | Liv Fit **Slow Flow Yoga** 6:00pm - 6:45pm | Liv Fit

Slow Flow Yoga

6:00pm - 6:45pm | Liv Fit

TUESDAY

Food Truck 5:00pm - 8:00pm | Front Lot PI DAY

HydroFit Glow 7:15pm - 8:00pm | Front Pool

07

14

Food Truck

5:00pm - 8:00pm | Front Lot

Happy Hour Pickleball 5:00pm - 7:00pm | The Hub 8:00am - 8:45am | Sport Court

08

15

Liv Rejuvenated

6:30pm - 7:30pm | The Hub

10

ST. PATRICK'S DAY

Backfit Health and Spine 9:30am - 1:30pm | Liv Fit

Please RSVP in the Office

Restorative Yoga 7:15pm - 8:00pm | Liv Fit **Backfit Health and Spine**

1:30pm - 5:30pm | Liv Fit Please RSVP in the Office

Slow Flow Yoga 6:00pm - 6:45pm | Liv Fit 4:00pm - 5:00pm | The Hub

Kid's Club

Food Truck 5:00pm - 8:00pm | Front Lot **HydroFit Glow**

7:15pm - 8:00pm | Front Pool

Pickleball

8:00am - 8:45am | Sport Court

Yappy Hour

1:00pm - 2:00pm | Bark Park

17

Restorative Yoga

7:15pm - 8:00pm | Liv Fit

Slow Flow Yoga

6:00pm - 6:45pm | Liv Fit

Food Truck 5:00pm - 8:00pm | Front Lot

Resident Focus Group 6:00pm - 6:45pm | The Hub

HydroFit Glow 7:15pm - 8:00pm | Front Pool

Pickleball

8:00am - 8:45am | Sport Court

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