

MAY EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Kickboxing for Fitness
6:30pm - 7:15pm | Liv Fit

01

Yoga
6:30pm - 7:15pm | The Hub

02

HydroFit | Ben
6:00pm - 6:45pm | Back Pool

03

Buns & Guns
6:00pm - 6:45pm | Liv Fit

04

Kid's Club
4:00pm - 5:00pm | The Hub

05

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

06

Garden Club
11:30am - 12:30 | Liv Garden

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

07

Kickboxing for Fitness
6:30pm - 7:15pm | Liv Fit

08

Yoga
6:30pm - 7:15pm | The Hub

09

HydroFit | Ben
6:00pm - 6:45pm | Back Pool

10

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

11

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

13

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

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

14

Kickboxing for Fitness
6:30pm - 7:15pm | Liv Fit

15

Yoga
6:30pm - 7:15pm | The Hub

16

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

HydroFit | Ben
6:00pm - 6:45pm | Back Pool

17

Buns & Guns
6:00pm - 6:45pm | Liv Fit

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

18

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

20

Yappy Hour
12:00pm - 1:00pm | Bark Park

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

21

Kickboxing for Fitness
6:30pm - 7:15pm | Liv Fit

22

Yoga
6:30pm - 7:15pm | The Hub

23

HydroFit | Ben
6:00pm - 6:45pm | Back Pool

24

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

25

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

27

Spring Extravaganza
2:00pm - 4:00pm | Liv Pool

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

28

Kickboxing for Fitness
6:30pm - 7:15pm | Liv Fit

29

Yoga
6:30pm - 7:15pm | The Hub

30

HydroFit | Ben
6:00pm - 6:45pm | Back Pool

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KEY



liv
responsibly
event



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



liv
well
event



liv
connected
event