

AUGUST EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

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

National Watermelon Day
12:00pm - 1:00pm | The Hub

Kid's Club
5:00pm - 6:00pm | Back Pool

HydroFit
8:00am - 8:45am | Back Pool

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Sound Bath
7:15pm - 8:00pm | Virtual

Kickboxing for Fitness
6:00pm - 6:45pm | Liv Fit

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

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

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

HydroFit
8:00am - 8:45am | Back Pool

Pancake Breakfast
9am - 10am | The Hub

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Sound Bath
7:15pm - 8:00pm | Virtual

Kickboxing for Fitness
6:00pm - 6:45pm | Liv Fit

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

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

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

Happy Hour and Volleyball Glow Party!
7:00pm - 9:00pm | Front Pool

HydroFit
8:00am - 8:45am | Back Pool

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Yappy Hour
1:00pm - 2:00pm | Office

Sound Bath
7:15pm - 8:00pm | Virtual

Kickboxing for Fitness
6:00pm - 6:45pm | Liv Fit

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

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

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

The Dive In
7:45pm - 10:00pm | Back Pool

HydroFit
8:00am - 8:45am | Back Pool

Garden Club
8:30am - 9:30am | Liv Garden

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Sound Bath
7:15pm - 8:00pm | Virtual

Kickboxing for Fitness
6:00pm - 6:45pm | Liv Fit

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

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

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

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