

# SEPTEMBER EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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**KEY**



liv responsibly event



liv well event



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



liv connected event

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

03

OFFICE CLOSED  
LABOR DAY

04

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

05

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

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

06

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

07

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

**Pancake Breakfast**  
9am - 10am | The Hub

02

01

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

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

10

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

11

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

12

**Kid's Club**  
3:30pm - 4:30pm | The Hub

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

13

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

16

15

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

17

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

18

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

19

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

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

20

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

21

**Happy Hour**  
6:00pm - 8:00pm | The Hub

22

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

**Garden Club**  
8:30am - 9:30am | Community Garden

23

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

24

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

25

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

**Speed Dating**  
7:00pm - 9:30pm  
Liv Ahwatukee

26

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

27

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

28

**Feeding the Homeless**  
11:00am - 2:00pm | The Hub

**Annual Kickball**  
5:30pm - 6:30pm  
Liv Northgate

29

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

30