

DECEMBER EVENTS 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



KEY



liv responsibly event



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



liv well event



liv connected event

- Holiday Door Contest**
All month long!
- Flexibility and Mobility**
8:00am - 9:00am | Liv Fit

01

- Holiday Photos**
5:00pm - 7:00pm | The Hub

02

- Sit and Be Fit**
12:00pm - 1:00pm | Liv Fit

03

- Zumba**
8:00am - 9:00am | The Hub

04

05

06

- Sit and Be Fit**
7:00pm - 8:00pm | The Hub

07

- Flexibility and Mobility**
8:00am - 9:00am | Liv Fit
- Kid's Club Deliveries**
9:00am - 6:00pm

08

- Sit and Be Fit**
12:00pm - 1:00pm | Liv Fit
- Liv Movie Night: ELF**
6:00pm - 8:00pm | The Hub

10

11

12

13

- Ugly Sweaters and Cozy Cocktails**
6:00pm - 8:00pm | The Hub
- Sit and Be Fit**
7:00pm - 8:00pm | The Hub

14

- Flexibility and Mobility**
8:00am - 9:00am | Liv Fit

15

- Holiday Cookie Decorating**
5:30pm - 6:30pm | The Hub

16

- Sit and Be Fit**
12:00pm - 1:00pm | Liv Fit

17

- Zumba**
8:00am - 9:00am | The Hub

18

19

20

- The Price is Right**
9:00am - 6:00pm | Facebook
- Sit and Be Fit**
7:00pm - 8:00pm | The Hub

21

- Flexibility and Mobility**
8:00am - 9:00am | Liv Fit

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OFFICE CLOSED

24

CHRISTMAS DAY
OFFICE CLOSED

25

OFFICE CLOSED

OFFICE CLOSED

- Sit and Be Fit**
7:00pm - 8:00pm | The Hub

28

- Flexibility and Mobility**
8:00am - 9:00am | Liv Fit

29

- Yappy Hour**
5:00pm - 6:00pm | Bark Park

30

OFFICE CLOSED

31

26

27