

# JANUARY EVENTS 2022

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |  |
|--------|--|---|---|--|---|---|--|
| 02     | 03   |  <b>Arms, Abs &amp; Assets</b><br>7:00pm - 8:00pm   Liv Fit  | 05  |  <b>Kid's Club Deliveries</b><br>9:00am - 6:00pm<br><br> <b>Thirsty Thursday Workout</b><br>6:30pm - 7:30pm   Liv Fit  |  <b>Functional Strength Training</b><br>12:00pm - 1:00pm   Liv Fit   |  <b>Wellness BINGO Begins</b><br><br> <b>New Years Resolution Jump Start</b><br>10am - 11am   Liv Fit 01  |  |
| 09     | 10   |  <b>Arms, Abs &amp; Assets</b><br>7:00pm - 8:00pm   Liv Fit  |  <b>Yappy Hour: Small Dogs Only</b><br>5:00pm - 6:00pm   Bark Park |  <b>Thirsty Thursday Workout</b><br>6:30pm - 7:30pm   Liv Fit   |  <b>Functional Strength Training</b><br>12:00pm - 1:00pm   Liv Fit<br> <b>Liv Cinema: Heavyweights</b><br>6:00pm - 8:00pm   The Hub |  <b>Weekend Warriors</b><br>8:00am   Liv Fit<br><br> <b>Oatmeal Breakfast Bar</b><br>10:00am - 11:00am   The Hub<br><br><b>The Hub RESERVED</b><br>4:00pm - 8:00pm 15 |  |
| 16     |  <b>New You in 2022: Wellness Expo</b><br>5:00pm - 7:00pm   The Hub |  <b>Arms, Abs &amp; Assets</b><br>7:00pm - 8:00pm   Liv Fit  | 19  |  <b>Snowshoeing with Aaron</b><br>3:00pm - 4:00pm<br><br> <b>Thirsty Thursday Workout</b><br>6:30pm - 7:30pm   Liv Fit |  <b>Functional Strength Training</b><br>12:00pm - 1:00pm   Liv Fit   |  <b>Zumba</b><br>8:00am - 9:00am   The Hub<br><br> <b>Weekend Warriors</b><br>9:30am   Liv Fit 22   |  |
| 23     |  <b>Detox &amp; Unwind Yoga</b><br>6:00pm - 7:00pm   Liv Fit      |  <b>Arms, Abs &amp; Assets</b><br>7:00pm - 8:00pm   Liv Fit  |  <b>The Price is Right</b><br>9:00am - 6:00pm   Facebook         |  <b>Thirsty Thursday Workout</b><br>6:30pm - 7:30pm   Liv Fit   |  <b>Functional Strength Training</b><br>12:00pm - 1:00pm   Liv Fit   |  <b>Weekend Warriors</b><br>8:00am   Liv Fit 29  |  |
| 30     | 31   |       |   |  |   |   | Wellness BINGO begins on January 1st!<br>Grab a card from the leasing office.<br>Throughout the month you can complete personal wellness activities on your BINGO board to earn a prize! |