

FEBRUARY EVENTS 2022

SUNDAY

MONDAY


TUESDAY


WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

 **Arms, Abs & Assets**
7:00pm - 8:00pm | Liv Fit

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

 **Thirsty Thursday Workout**
6:30pm - 7:30pm | Liv Fit

 **Coffee Chat**
10:00am - 11:00am | The Hub

 **Weekend Warriors**
8:00am - 9:00am | Liv Fit



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 **Detox & Unwind Yoga**
6:00pm - 7:00pm | The Hub
 **Bachelor Viewing Night**
8:00pm - 10:00pm | The Hub

 **Arms, Abs & Assets**
7:00pm - 8:00pm | Liv Fit

 **For the Love of Wine & Chocolate**
5:00pm - 7:00pm | The Hub

 **Coffee Chat**
10:00am - 11:00am | The Hub

 **Weekend Warriors**
9:30am - 10:30am | Liv Fit


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 **Thirsty Thursday Workout**
6:30pm - 7:30pm | Liv Fit



 **Functional Strength Training**
12:00pm - 1:00pm | Liv Fit

 **Pancake Breakfast**
10:00am - 11:00am | The Hub

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 **Detox & Unwind Yoga**
6:00pm - 7:00pm | The Hub
 **Bachelor Viewing Night**
8:00pm - 10:00pm | The Hub

 **Arms, Abs & Assets**
7:00pm - 8:00pm | Liv Fit

 **Kid's Club: Build a Snowman**
4:00pm - 5:00pm

 **Thirsty Thursday Workout**
6:30pm - 7:30pm | Liv Fit

 **Coffee Chat**
10:00am - 11:00am | The Hub

 **Weekend Warriors**
8:00am - 9:00am | Liv Fit

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 **Detox & Unwind Yoga**
6:00pm - 7:00pm | The Hub
 **Bachelor Viewing Night**
8:00pm - 10:00pm | The Hub

 **Arms, Abs & Assets**
7:00pm - 8:00pm | Liv Fit

 **Bonfire & Brews**
6:00pm - 8:00pm
Behind Garden

 **Thirsty Thursday Workout**
6:30pm - 7:30pm | Liv Fit

 **Coffee Chat**
10:00am - 11:00am | The Hub

 **Weekend Warriors**
9:30am - 10:30am | Liv Fit

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 **The Price is Right**
9:00am - 6:00pm | Facebook
 **Detox & Unwind Yoga**
6:00pm - 7:00pm | The Hub
 **Bachelor Viewing Night**
8:00pm - 10:00pm | The Hub

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liv arbors™

KEY

liv responsibly event

liv well event

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

liv connected event