

NOVEMBER EVENTS 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Core & Glutes Sculpt
5:30pm - 6:30pm | Liv Fit

01

Greatest HIITs
6:00am - 7:00am | Liv Fit

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

04

Myofascial Release & Deep Stretching
9:00am - 10:00am | Liv Fit

05

Slow Flow Yoga
5:30pm - 6:30pm | The Hub

06

Core & Glutes Sculpt
5:30pm - 6:30pm | Liv Fit

07

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

08

Greatest HIITs
6:00am - 7:00am | Liv Fit

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

09

Myofascial Release & Deep Stretching
9:00am - 10:00am | Liv Fit

Winter Hike
10:00am - 11:00am
Meet in the Hub

10

Slow Flow Yoga
5:30pm - 6:30pm | The Hub

11

Core & Glutes Sculpt
5:30pm - 6:30pm | Liv Fit

12

Thanksgiving Potluck
5:00pm - 6:30pm | The Hub

13

Greatest HIITs
6:00am - 7:00am | Liv Fit

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

14

Myofascial Release & Deep Stretching
9:00am - 10:00am | Liv Fit

Bagel Bar
10:00am - 11:00am | The Hub

15

Slow Flow Yoga
5:30pm - 6:30pm | The Hub

16

Kid's Club Deliveries
9:00am - 6:00pm

Core & Glutes Sculpt
5:30pm - 6:30pm | Liv Fit

17

OFFICE CLOSED
Thanksgiving

18

OFFICE CLOSED
Day After Thanksgiving

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

19

Michigan vs. Ohio State Football Game
12:00pm - 3:00pm | The Hub

20

Slow Flow Yoga
5:30pm - 6:30pm | The Hub

21

Core & Glutes Sculpt
5:30pm - 6:30pm | Liv Fit

22

The Price is Right
9:00am - 6:00pm
Liv Arbors Facebook Page

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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

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