

















# JANUARY EVENTS 2023














SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

01	OFFICE CLOSED	 <b>Core &amp; Glutes Sculpt</b> 5:30pm - 6:30pm   Liv Fit			 <b>Greatest HIITs</b> 6:00am - 7:00am   Liv Fit  <b>Coffee Chat</b> 10:00am - 11:00am   The Hub	07
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 <b>Myofacial Release &amp; Deep Stretching</b> 8:00am - 9:00am   Liv Fit	 <b>Slow Flow Yoga</b> 5:30pm - 6:30pm   The Hub	 <b>Core &amp; Glutes Sculpt</b> 5:30pm - 6:30pm   Liv Fit	 <b>Kid's Club Deliveries</b> 9:00am - 6:00pm		 <b>Greatest HIITs</b> 6:00am - 7:00am   Liv Fit  <b>Coffee Chat</b> 10:00am - 11:00am   The Hub	 <b>Pancake Breakfast</b> 10:00am - 11:00am   The Hub
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 <b>Myofacial Release &amp; Deep Stretching</b> 8:00am - 9:00am   Liv Fit	 <b>Slow Flow Yoga</b> 5:30pm - 6:30pm   The Hub	 <b>Core &amp; Glutes Sculpt</b> 5:30pm - 6:30pm   Liv Fit		 <b>Happy Hour</b> 5:00pm - 6:30pm   The Hub	 <b>Greatest HIITs</b> 6:00am - 7:00am   Liv Fit  <b>Coffee Chat</b> 10:00am - 11:00am   The Hub	
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 <b>Myofacial Release &amp; Deep Stretching</b> 8:00am - 9:00am   Liv Fit  <b>Winter Snow Shoe Hike</b> 9:00am - 10:00am   Liv Fit	 <b>Slow Flow Yoga</b> 5:30pm - 6:30pm   The Hub	 <b>Core &amp; Glutes Sculpt</b> 5:30pm - 6:30pm   Liv Fit	 <b>Yappy Hour</b> 5:00pm - 6:00pm   Bark Park		 <b>Greatest HIITs</b> 6:00am - 7:00am   Liv Fit  <b>Coffee Chat</b> 10:00am - 11:00am   The Hub	
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 <b>Myofacial Release &amp; Deep Stretching</b> 8:00am - 9:00am   Liv Fit	 <b>Slow Flow Yoga</b> 5:30pm - 6:30pm   The Hub	 <b>Core &amp; Glutes Sculpt</b> 5:30pm - 6:30pm   Liv Fit  <b>New to the Area Meet and Greet</b> 5:00pm - 6:30pm   The Hub	<b>FOLLOW US!</b>  Facebook livarbors  Tik Tok livarbors  Instagram livarbors	 <b>liv</b> arbors	 <b>KEY</b>	 <b>liv</b> responsibly event  Event Benefiting The American Cancer Society's "Relay for Life"	 <b>liv</b> well event  <b>liv</b> connected event
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