

# SEPTEMBER EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



FOLLOW US!



Facebook  
livarbors



Tik Tok  
livarbors



Instagram  
livarbors

**KEY**

- liv responsibly event
- Event Benefiting The American Cancer Society's "Relay for Life"
- liv well event
- liv connected event

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

01

02

OFFICE CLOSED  
LABOR DAY

**Yoga Flow**  
5:30pm - 6:30pm  
The Hub

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

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

03

04

05

06

07

08

09

THE HUB RESERVED FROM  
11:00AM - 3:00PM

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

**Nature Reserve Hike**  
10:00am - 11:00am  
Meet at Liv Fit

10

**National Day of Encouragement**  
10:00am - 5:00pm  
The Hub

**Yoga Flow**  
5:30pm - 6:30pm  
The Hub

12

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

13

14

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

15

OFFICE CLOSED

16

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

17

**Kid's Club**  
4:00pm - 5:00pm  
The Hub

**Yoga Flow**  
5:30pm - 6:30pm  
The Hub

19

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

20

21

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

22

23

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

**Nature Reserve Hike**  
10:00am - 11:00am  
Meet at Liv Fit

24

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

**Yoga Flow**  
5:30pm - 6:30pm  
The Hub

26

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

27

28

**Happy Hour**  
5:00pm - 6:30pm  
The Hub

**National Coffee Day**  
10:00am - 12:00pm  
The Hub

**Strength & Mobility**  
10:30am - 11:30am  
Liv Fit

29

30

25