

# APRIL EVENTS 2024

- Events in **orange** represent Liv Wellness Classes
- Events in **blue** represent resident-led events (not Liv sponsored)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>01</p>		<p><b>Yoga Flow</b> 6:00pm   The Hub</p> <p>02</p>	<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p>03</p>	<p><b>Barre &amp; Sculpt</b> 8:00am   Liv Fit</p> <p>04</p>		
<p><b>WORLD HEALTH DAY</b></p> <p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p><b>Nature Reserve Hike</b> 9:00am   Meet in Liv Fit</p> <p>07</p>		<p><b>Garden Sign Up</b> 9:00am - 5:00pm Contact Leasing Office</p> <p><b>Yoga Flow</b> 6:00pm   The Hub</p> <p>08</p>	<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p>09</p>	<p><b>NATIONAL PET DAY</b></p> <p><b>Happy Hour</b> 5:30pm - 7:00pm The Hub</p> <p><b>Barre &amp; Sculpt</b> 8:00am   Liv Fit</p> <p>10</p>		
<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p>14</p>		<p><b>Kid's Club</b> 4:00pm - 5:00pm The Hub</p> <p><b>Yoga Flow</b> 6:00pm   The Hub</p> <p>15</p>	<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p>16</p>	<p><b>Barre &amp; Sculpt</b> 8:00am   Liv Fit</p> <p>17</p>		<p><b>Pancake Breakfast</b> 10:00am - 11:00am The Hub</p> <p>18</p>
<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p><b>Nature Reserve Hike</b> 9:00am   Meet in Liv Fit</p> <p>21</p>	<p><b>EARTH DAY</b></p> <p><b>Earth Day Cleanup</b> 9:00am - 10:00am The Hub</p> <p>22</p>	<p><b>Yoga Flow</b> 6:00pm   The Hub</p> <p>23</p>	<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p>24</p>	<p><b>Barre &amp; Sculpt</b> 8:00am   Liv Fit</p> <p>25</p>		
<p><b>Strength &amp; Mobility</b> 8:00am   Liv Fit</p> <p>28</p>		<p><b>Yappy Hour</b> 5:00pm - 6:00pm Bark Park</p> <p><b>Yoga Flow</b> 6:00pm   The Hub</p> <p>29</p>				



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