

# NOVEMBER EVENTS

2018

sun      mon      tue      wed      thurs      fri      sat

**KEY**

- liv responsibly
- liv connected
- Event Benefiting Relay for Life
- liv actively
- liv interactively
- Minuteman Mobile Drycleaners Pick Up/Drop Off Days

				Core, Stability and Stretching Liv Fit 9:00am - 10:00am	Group Fitness - Back & Biceps Liv Fit 5:00pm - 6:00pm	
				Yoga (Core) Pilates Liv Fit Yoga Studio 7:00pm - 8:00pm		
				1	2	3
	Group Fitness - Push Day Liv Fit 6:00pm - 7:00pm	Movie Night at Fat Cats (\$5) Baseline/Greenfield	Hungry Howies \$5 Pizza Night The Hub 5:30pm - 7:30pm	Core, Stability and Stretching Liv Fit 9:00am - 10:00am	Group Fitness - Back & Biceps Liv Fit 5:00pm - 6:00pm	Pancake Breakfast The Hub 9:00am - 10:00am
		Core, Stability and Stretching Liv Fit 9:00am - 10:00am	Coffee Chat The Hub 10:00am - 11:00am	Garden Club w/ Sharon Hub Kitchen, 5:30pm - 6:00pm		
	4	Yoga (Core) Pilates Liv Fit Yoga Studio 7:00pm - 8:00pm	Group Fitness - Leg Day Liv Fit 6:00pm - 7:00pm	Yoga (Core) Pilates Liv Fit Yoga Studio 7:00pm - 8:00pm	8	9
						10
Cup of Joey Coffee Truck Liv Northgate 9:00am - 11:00am	Group Fitness - Push Day Liv Fit 6:00pm - 7:00pm	Movie Night at Fat Cats (\$5) Baseline/Greenfield	Coffee Chat, The Hub 10:00am - 11:00am	Core, Stability and Stretching Liv Fit 9:00am - 10:00am	Group Fitness - Back & Biceps Liv Fit 5:00pm - 6:00pm	Kids Club with Aly Cupcake Decorating The Hub, 10:00am - 11:00am
	Billiards Club w/ Coach The Hub 7:30pm - 9:00pm	Core, Stability and Stretching Liv Fit 9:00am - 10:00am	Group Fitness - Leg Day Liv Fit 6:00pm - 7:00pm	Yappy Hour with ALY Liv Bark Park 5:30pm - 6:00pm	Taste of Fall The Hub 5:30pm - 6:30pm	
11	12	Yoga (Core) Pilates Liv Fit Yoga Studio 7:00pm - 8:00pm	14	Yoga (Core) Pilates Liv Fit Yoga Studio 7:00pm - 8:00pm		17
Hike with Josh our Wellness Partner! Lost Treasure Loop Meet at the Hub at 8:00am	Coloring Night with Aditi The Hub 5:30pm - 6:30pm	Movie Night at Fat Cats (\$5) Baseline/Greenfield	Hungry Howies \$5 Pizza Night The Hub 5:30pm - 7:30pm	THANKSGIVING DAY OFFICE CLOSED		OFFICE CLOSED
	Group Fitness - Push Day Liv Fit 6:00pm - 7:00pm	Core, Stability and Stretching Liv Fit 9:00am - 10:00am	Coffee Chat The Hub 10:00am - 11:00am			
18	19	Yoga (Core) Pilates Liv Fit Yoga Studio 7:00pm - 8:00pm	Group Fitness - Leg Day Liv Fit 6:00pm - 7:00pm	22	23	24
	Group Fitness - Push Day Liv Fit 6:00pm - 7:00pm	Movie Night at Fat Cats (\$5) Baseline/Greenfield	Coffee Chat The Hub 10:00am - 11:00am			
		Core, Stability and Stretching Liv Fit, 9:00am - 10:00am	Group Fitness - Leg Day Liv Fit 6:00pm - 7:00pm			
	25	Yoga (Core) Pilates Liv Fit, 7:00pm - 8:00pm	28	29	30	
		El Taco Demon Food Truck 5:00pm - 7:00pm				
	26	27				