

# JULY EVENTS 2026

- Events in **orange** represent Liv Well events
- Events in **blue** represent Resident-led events (not Liv sponsored)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**Restorative Yoga**  
8:00pm - 8:45pm | Yoga Studio

01

**Hydrofit**  
4:00pm - 4:45pm | Back Pool

02

03

**INDEPENDENCE DAY**  
OFFICE CLOSED

04

**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio

05

**Hydrofit**  
5:15pm - 6:00pm | Front Pool

06

07

**Yappy Hour**  
5:00pm - 6:00pm | Leasing Office

**Relax, Recharge, and Restore**  
6:30pm - 8:30pm | The Hub

**Restorative Yoga**  
8:00pm - 8:45pm | Yoga Studio

08

**Hydrofit**  
4:00pm - 4:45pm | Back Pool

09

**Facios Dogs Food Truck**  
5:00pm - 8:00pm | Front Lot

10

**Pancake Breakfast**  
9:00am - 10:00am | The Hub

11

**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio

12

**Hydrofit**  
5:15pm - 6:00pm | Front Pool

13

14

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

**Restorative Yoga**  
8:00pm - 8:45pm | Yoga Studio

15

**Hydrofit**  
4:00pm - 4:45pm | Back Pool

**Sketch and Sip**  
5:30pm - 7:00pm | The Hub

16

**Chimichurri Argentine Grill Food Truck**  
5:00pm - 8:00pm | Front Lot

17

**Garden Club**  
10:00am - 11:00am | Liv Garden

**Let's Grill**  
12:00pm - 2:00pm | Sand Beach Pool

18

**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio

19

**Hydrofit**  
5:15pm - 6:00pm | Front Pool

20

21

**Mr. Wonderful's Chicken and Waffles Food Truck**  
5:00pm - 8:00pm | Front Lot

**Restorative Yoga**  
8:00pm - 8:45pm | Yoga Studio

22

**Hydrofit**  
4:00pm - 4:45pm | Back Pool

23

**Happy Hour**  
6:00pm - 8:00pm | The Hub

24

25

**Morning Flow Yoga**  
10:30am - 11:15am | Yoga Studio

26

**Hydrofit**  
5:15pm - 6:00pm | Front Pool

27

**Nutrition Myth vs. Fact Challenge**  
5:00pm - 5:45pm | The Hub

28

29

30

**Kevin's House Pizza Food Truck**  
5:00pm - 8:00pm | Front Lot

31

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