

AUGUST 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
Morning Flow Yoga 9:15am - 10:00am The Hub 02	Hydrofit 4:00pm - 4:45pm Back Pool 03	04	Jimbo's Just Wing'n It Food Truck 5:00pm - 8:00pm Front Lot Pilates 7:15pm - 8:00pm The Hub 05	Hydrofit 5:15pm - 6:00pm Back Pool 06	07	01 Pancake Breakfast 9:00am - 10:00am The Hub 08
Morning Flow Yoga 9:15am - 10:00am The Hub 09	Hydrofit 4:00pm - 4:45pm Back Pool 10	11	Kid's Club 4:00pm - 5:00pm The Hub Chimichurri Food Truck 5:00pm - 8:00pm Front Lot Pilates 7:15pm - 8:00pm The Hub 12	Hydrofit 5:15pm - 6:00pm Back Pool 13	14	Garden Club 8:00am - 9:00am Liv Garden 15
Morning Flow Yoga 9:15am - 10:00am The Hub 16	Hydrofit 4:00pm - 4:45pm Back Pool 17	18	Yappy Hour 4:00pm - 5:00pm Bark Park Pilates 7:15pm - 8:00pm The Hub 19	Hydrofit 5:15pm - 6:00pm Back Pool 20	21	22
Morning Flow Yoga 9:15am - 10:00am The Hub 23	Hydrofit 4:00pm - 4:45pm Back Pool 24	25	Facio's Dogs Food Truck 5:00pm - 8:00pm Front Lot Pilates 7:15pm - 8:00pm The Hub 26	Hydrofit 5:15pm - 6:00pm Back Pool 27	Happy Hour 6:00pm - 8:00pm The Hub 28	29
30	Hydrofit 4:00pm - 4:45pm Back Pool 31	Beat the Heat Blackout Bingo: Fitness Edition A month-long challenge featuring a wellness bingo card with simple wellness activities and a chance to win prizes! Pick up your BINGO card in the office.				



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