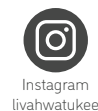


AUGUST EVENTS 2026

- 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 10:30am - 11:15am Yoga Studio 02	Hydrofit 5:15pm - 6:00pm Front Pool Restorative Yoga 7:30pm - 8:15pm Yoga Studio 03	04	Yappy Hour 5:00pm - 6:00pm Leasing Office Pilates 6:00pm - 6:45pm Yoga Studio 05	Hydrofit 4:00pm - 4:45pm Back Pool 06	07	01 Pancake Breakfast 9:00am - 10:00am The Hub 08
Morning Flow Yoga 10:30am - 11:15am Yoga Studio 09	Hydrofit 5:15pm - 6:00pm Front Pool Restorative Yoga 7:30pm - 8:15pm Yoga Studio 10	11	Kid's Club 4:00pm - 5:00pm The Hub Pilates 6:00pm - 6:45pm Yoga Studio 12	Hydrofit 4:00pm - 4:45pm Back Pool 13	14	Dos Bros Coffee Food Truck 8:00am - 11:00am Front Lot Let's Grill 12:00pm - 2:00pm Sand Beach Pool 15
Morning Flow Yoga 10:30am - 11:15am Yoga Studio 16	Hydrofit 5:15pm - 6:00pm Front Pool Restorative Yoga 7:30pm - 8:15pm Yoga Studio 17	18	Pilates 6:00pm - 6:45pm Yoga Studio 19	Hydrofit 4:00pm - 4:45pm Back Pool 20	El New Yorican Food Truck 5:00pm - 8:00pm Front Lot 21	Garden Club 10:00am - 11:00am Liv Garden 22
Morning Flow Yoga 10:30am - 11:15am Yoga Studio 23	Hydrofit 5:15pm - 6:00pm Front Pool Restorative Yoga 7:30pm - 8:15pm Yoga Studio 24	25	Pilates 6:00pm - 6:45pm Yoga Studio 26	Hydrofit 4:00pm - 4:45pm Back Pool 27	Taquiza Food Truck 5:00pm - 8:00pm Front Lot Happy Hour 6:00pm - 8:00pm The Hub 28	29
30	Hydrofit 5:15pm - 6:00pm Front Pool Restorative Yoga 7:30pm - 8:15pm Yoga Studio 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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