



VIRTUAL FITNESS & WELLNESS PROGRAM



**WINTER
2025**

LIV unLtd

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[FIND MORE AT WWW.OPTIMAL.VIRTUALBYLIV.COM](http://WWW.OPTIMAL.VIRTUALBYLIV.COM)



Welcome to Optimal!



LIVunLtd is the Canadian leader in fitness and wellness program management. With over 45 years of experience, we employ award winning and industry leading staff, from coast to coast, so you can be sure that the services you use are safe and effective.

Welcome to Optimal - your Virtual Fitness & Wellness Program.

This fully virtual program is accessible from anywhere and at anytime - from your computer or your mobile device.

Getting started is simple!

CLICK HERE to learn more about activating your membership and continue reading to learn about all of the services available to you.

Most services are included at no charge to you, so be sure to take advantage of all the amazing opportunities provided.

Activate your Optimal Membership today!



Class times displayed in Eastern Time. [CLICK HERE](#) to see times in your time zone and class descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Flow 6:50-7am <i>Amanda</i>	Upper Body Burn 6:50-7am <i>Paige</i>	Core Circuit 6:50-7am <i>Deb</i>	Lower Body Burn 6:50-7am <i>Lisa</i>	Core Flow 6:50-7am <i>Ann</i>	BodyPump 9-9:45pm ↳ LESMILLS	Dance 9-9:45pm ↳ LESMILLS
HIIT 7:10 - 7:40am <i>Amanda</i>	Cardio Sculpt 7:10 - 7:40am <i>Paige</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	HIIT 7:10 - 7:40am <i>Ann</i>	BodyCombat 10-10:45am ↳ LESMILLS	BodyAttack 10-10:45am ↳ LESMILLS
Mobility Boost 7:50 - 8am <i>Amanda</i>	Mobility Boost 7:50 - 8am <i>Paige</i>	Mobility Boost 7:50 - 8am <i>Deb</i>	Core Flow 7:50 - 8am <i>Lisa</i>	Mobility Boost 7:50 - 8am <i>Ann</i>	BodyAttack 11-11:45am ↳ LESMILLS	Core 11-11:45am ↳ LESMILLS
BodyPump 9 - 9:30am ↳ LESMILLS	BodyBalance 9 - 9:30am ↳ LESMILLS	BodyAttack 9 - 9:30am ↳ LESMILLS	Dance 9 - 9:30am ↳ LESMILLS	BodyCombat 9 - 9:30am ↳ LESMILLS	BodyBalance 12-12:45pm ↳ LESMILLS	Cycle 12-12:45pm ↳ LESMILLS
Stretch: Legs & Wrists 11:30-11:45am <i>Caitlynn</i>	Stretch 11:30-11:45am <i>Amanda</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Amanda</i>	Stretch 11:30-11:45am <i>Lisa</i>	Stretch: Back & Posture 11:30-11:45am <i>Maria</i>	Dance 1-1:45 ↳ LESMILLS	BodyPump 1-1:45 ↳ LESMILLS
Core Circuit 11:50am-12pm <i>Caitlynn</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Upper Body Burn 11:50am-12pm <i>Lisa</i>	Core Circuit 11:50am-12pm <i>Maria</i>	Core 2-2:45pm ↳ LESMILLS	BodyCombat 2-2:45pm ↳ LESMILLS
Cardio Sculpt 12:10-12:40pm <i>Brenda</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	HIIT 12:10-12:40pm <i>Brenda</i>	Cardio Sculpt 12:10-12:40pm <i>Lisa</i>	Strong 12:10-12:40pm <i>Maria</i>	Cycle 3-3:45pm ↳ LESMILLS	BodyBalance 3-3:45pm ↳ LESMILLS
Calm: Breath 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm ↳	Calm: Visualize 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm ↳	Quick Calm 1:30-1:40pm <i>Mat</i>	<p>Head to optimal.virtualbyliv.com to see full class descriptions</p> <ul style="list-style-type: none"> ↳ Mindfulness ↳ 10 minute class ↳ 15 minute class ↳ 30 minute class ↳ 45 minute class ↳ On Demand Video ↳ LESMILLS Les Mills On Demand 	
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Amanda</i>	Stretch 1:50-2pm <i>Paige</i>		
Strong 2:10-2:40pm <i>Caitlynn</i>	Cycle 2:10-2:40pm ↳ LESMILLS	Zumba 2:10-2:40pm <i>Caitlynn</i>	Core 2:10-2:40pm ↳ LESMILLS	Low Impact 2:10-2:40pm ↳ LESMILLS		
Stretch Upper Body 5-5:15pm ↳ LESMILLS	BodyBalance 5-5:15pm ↳ LESMILLS	Yoga Fusion 4:30-5:15pm <i>Trinh</i>	Stretch Hip Mobility 5-5:15pm ↳ LESMILLS	Stretch Spine Mobility 5-5:15pm ↳ LESMILLS		
Core Flow 6:45-6:55pm <i>Trinh</i>	BodyPump Upper Body 6:45-7pm ↳ LESMILLS	Core Circuit 6:45-6:55pm ↳	BodyPump Lower Body 6:45-7pm ↳ LESMILLS	BodyPump Arms 6:45-7pm ↳ LESMILLS		
Yoga 7-7:45pm <i>Trinh</i>	Grit: Athletic 7-7:30pm ↳ LESMILLS	Cardio Sculpt 7-7:30pm ↳	Grit: Cardio 7-7:30pm ↳ LESMILLS	Grit: Strength 7-7:30pm ↳ LESMILLS		
BodyBalance 9-9:30pm ↳ LESMILLS	BodyCombat 9-9:30pm ↳ LESMILLS	BodyPump 9-9:30pm ↳ LESMILLS	Cycle 9-9:30pm ↳ LESMILLS	BodyAttack 9-9:30pm ↳ LESMILLS		

Register and join classes via the Optimal Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.



Optimal
by LIVunLtd

+

LES MILLS



Starting on January 1, over 300 Les Mills On Demand videos will be available in the Optimal by LIVunLtd platform. These sessions are not replacing any of our live sessions and will offer you:

Greater Variety of Workouts:

Les Mills offers a broad range of classes, including strength training, HIIT, dance, yoga, Pilates, and even kids' workouts.

Innovative Content:

Options like immersive cycling experiences (e.g., The Trip) provide unique offerings not typically found in live sessions.

Family-Friendly Options: Dedicated programs for kids and youth allow you to incorporate fitness into your families routines.

These classes can be found in our schedule and booked like a live streaming session, or in your On Demand section under the Les Mills heading.

[CLICK HERE](#) to watch a short video about Les Mills On Demand.



stackable workouts



SHORT

all workouts are 12 minutes or less



EASY TO FOLLOW

choose your workout, press play, follow along with modifications and timers



EQUIPMENT OR NO EQUIPMENT

use what you have or nothing at all - option to choose body weight or dumbbell/weighted sessions



CREATE A CUSTOM WORKOUT

use one session for an exercise break, or stack two, three or even four sessions together to build a customize, catered workout just for you

Find Stackable Workouts in your On Demand section or learn more by visiting us online at [Well-North.com/stackable](https://www.well-north.com/stackable) .



wellSMART

Self Guided Wellness Plans

wellSMART programs are 14 day, self-paced wellness programs that provide simple tips and useful programming through daily emails. Once you have completed your wellSMART programs, be sure to book your complimentary Wellness Coaching session to continue your progress.

As everyone has a different focus for their wellness journeys, wellSMART offers 3 streams to choose from:



MOVEsmart is specifically designed to help you get more movement in your day with 14 simple, actionable tips sent to your inbox daily.



SLEEPsmart is specifically designed to help improve your quality of sleep, while also helping you fall asleep faster.



EATsmart provides you tips to improve your eating habits in a variety of ways including mindful eating tips, nutrition information, and action items.

Find out more about our wellSMART programs and start your journey today at Well-North.com/wellness or scan the QR code.



JANUARY 2025 EVENTS



The 21-Day Habit Challenge

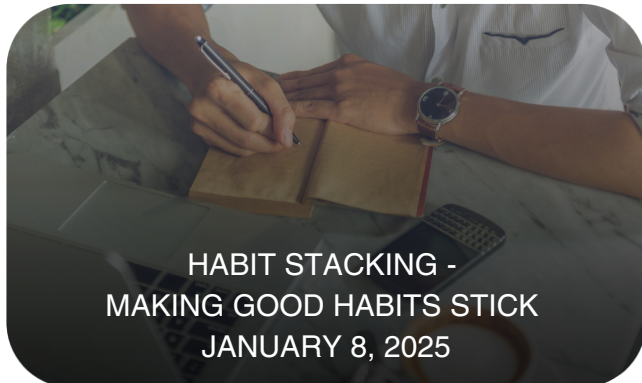
Join us for the Kick Off session on January 10, 2025!

Can you put your health first for just 21 days? Ditch the “I’ll start next Monday” mindset with 21 daily, bite-sized habits anyone can stick to with the 21-Day Habit Challenge!

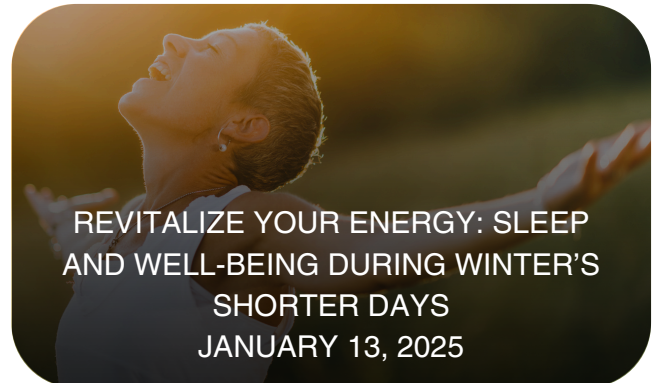
Includes Success Guide, weekly emails, worksheets and ongoing support!

[CLICK HERE](#) to learn more!

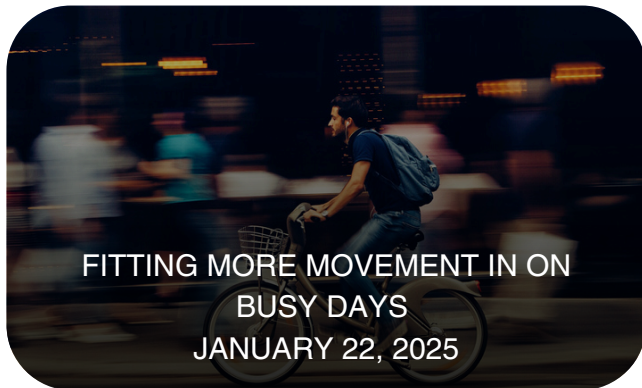
WORKSHOPS [CLICK ON AN IMAGE BELOW TO LEARN MORE](#)



HABIT STACKING -
MAKING GOOD HABITS STICK
JANUARY 8, 2025



REVITALIZE YOUR ENERGY: SLEEP
AND WELL-BEING DURING WINTER'S
SHORTER DAYS
JANUARY 13, 2025



FITTING MORE MOVEMENT IN ON
BUSY DAYS
JANUARY 22, 2025



FIT IN THE KITCHEN -
MACRO FRIENDLY CHOCOLATE
MUG CAKE
JANUARY 27, 2025

FEBRUARY 2025 EVENTS



RACE for Heart Health

Rev up for Heart Health Month and get ready to hit the virtual race track!

From February 1-28, join the Race for Health Challenge, where every class or workshop is a pit stop on your journey to better health. Complete 10 sessions, and you'll zoom through one lap and earn a ballot into our prize draw!

[CLICK HERE](#) to learn more!



Bodyweight Blast Mini-Challenge

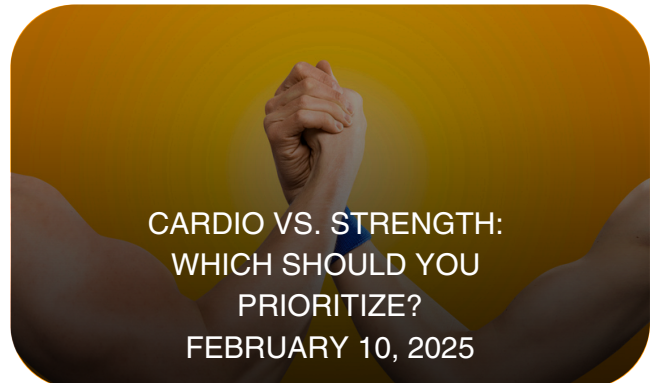
Join our Bodyweight Blast Challenge—a 3-week program designed to build strength and endurance with simple, progressive bodyweight exercises for real results!

[CLICK HERE](#) to learn more!

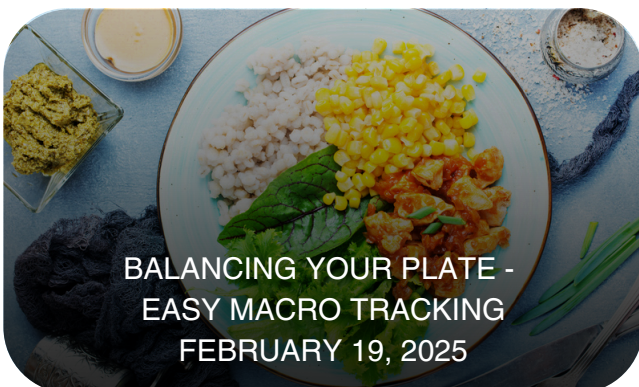
WORKSHOPS [CLICK ON AN IMAGE BELOW TO LEARN MORE](#)



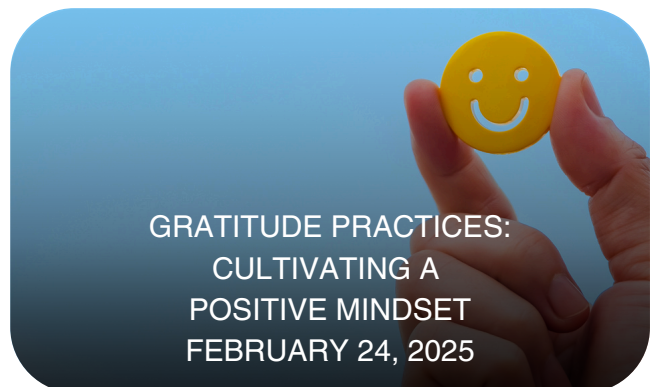
HEART-HEALTHY EATING:
NUTRITION TIPS FOR A
STRONGER HEART
FEBRUARY 5, 2025



CARDIO VS. STRENGTH:
WHICH SHOULD YOU
PRIORITIZE?
FEBRUARY 10, 2025



BALANCING YOUR PLATE -
EASY MACRO TRACKING
FEBRUARY 19, 2025



GRATITUDE PRACTICES:
CULTIVATING A
POSITIVE MINDSET
FEBRUARY 24, 2025

MARCH 2025 EVENTS

LIV_{unLtd}

THE 28-DAY

MACRO CHALLENGE



The 28 Day Macro Challenge

Ditch one-sized-fits-all dieting and discover your nutritional blueprint in just 28 days!

Join the Macro Challenge and learn exactly what a macro-based eating plan is so that you can calculate your own unique macros, adjust your portions, create your own meal plans and implement them into a schedule that works for YOU!

[CLICK HERE](#) to learn more!



7 Day Sleep Challenge - Mini Challenge

Discover your personalized nutrition plan in the 28-Day Macro Challenge, where you'll learn to fuel your body, burn fat, and build muscle—all without restrictive dieting.

[CLICK HERE](#) to learn more!

WORKSHOPS [CLICK ON AN IMAGE BELOW TO LEARN MORE](#)

**POWER UP YOUR SLEEP:
TIPS FOR BETTER REST**
MARCH 5, 2025

**FERMENTED FOODS:
BOOST YOUR GUT HEALTH**
MARCH 10, 2025

**FROM COUCH TO FIT:
EASY TIPS TO START MOVING**
MARCH 19, 2025

**MANAGING STRESS
IN THE MOMENT**
MARCH 24, 2025

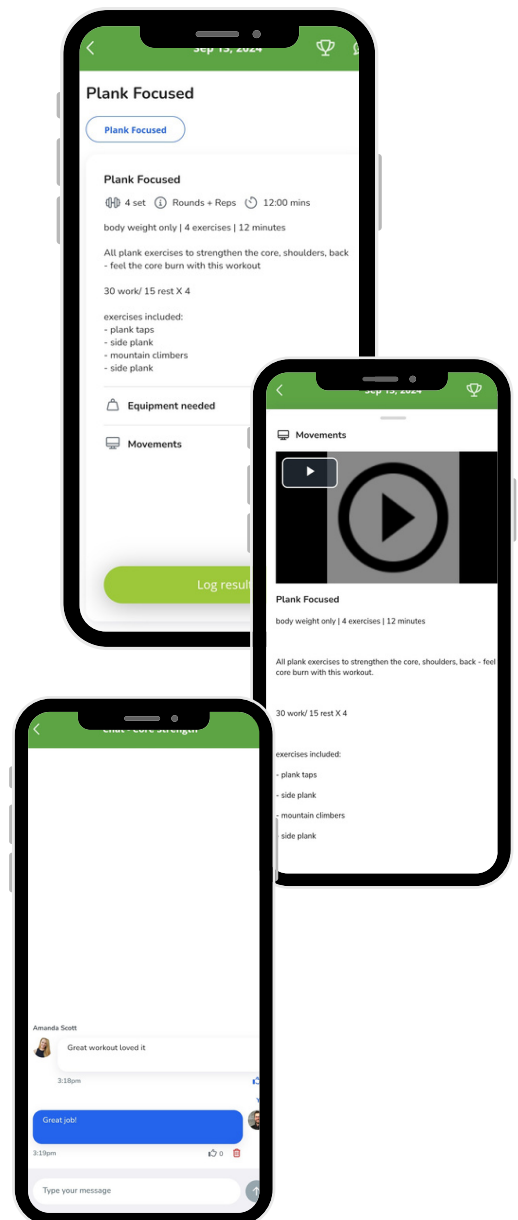
WORKOUT OF THE DAY



STAY ACTIVE WITH FLEXIBLE DAILY WODS

Keep your fitness routine adaptable and enjoyable with our **Workout of the Day (WOD)** program, available anytime through our app. Each day brings a fresh workout you can do on your schedule, complete with follow-along videos and helpful tips to guide your progress.

For extra motivation, we include mini challenges to keep things interesting, and when you're done, you can share your experience in the in-app chat to earn points toward our rewards program. It's the perfect way to stay active, on your own time, while working toward your fitness goals.



WELLNESS REWARDS



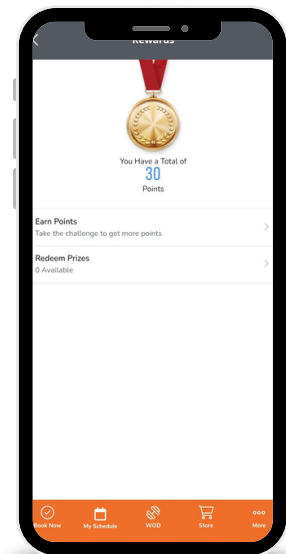
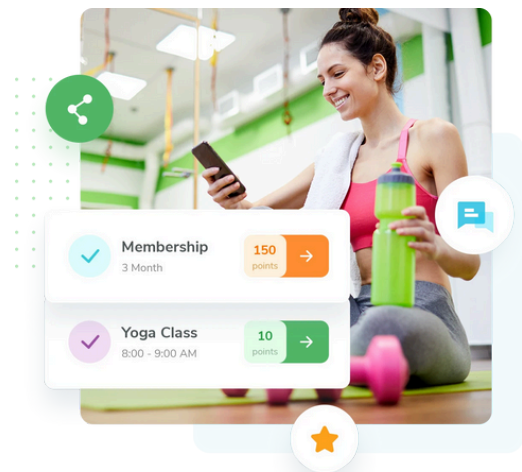
YOUR HEALTHY HABITS JUST GOT EVEN MORE REWARDING!

Every time you join a scheduled class (live or on demand), participate in a workshop, take part in a challenge, or download a recipe, you'll earn points.

Rack up 10 points, and you'll receive a ballot for our monthly draw for a \$25 gift card!

Tracking your progress is easy—just check your points in the Optimal by LIVunLtd app to see how close you are to your next ballot. The more you participate, the more points you earn, and the better your chances of winning!

It's time to turn your workouts and wellness activities into rewards. Start collecting points today and let's make healthy living even more exciting!



Other Fitness Services

ON DEMAND SESSIONS

Looking for a fitness solution at any time of the day? Not to worry. With an ever growing library of on demand fitness, wellness and education sessions, you can find what you need on the Optimal by LIVunLtd Wellness platform. On demand sessions include all live streamed fitness, wellness and workshop sessions. View videos from your desktop, tablet or phone using the member portal or app.

On demand videos are available at no additional fee.

PERSONAL TRAINING

You don't need to be in a gym to use the services of a Personal Trainer! Our industry leading and certified trainers will meet you wherever you are via Zoom and deliver a truly personalized workout to you. If you are not sure, you can book a complimentary Consultation through the member portal or app to find out more.

Personal Training fees range from \$50-\$65 per session.

SMALL GROUP TRAINING

Training as a group can provide you with support and motivation that you didn't know you needed. Small Group Training allows you to work with a Personal Trainer and up to 7 other individuals with similar goals to you. These sessions are still personalized to your abilities and goals with the cost being shared among the participants.

Small Group Training is available upon request. Fees vary. Inquire for more details.

GOAL SPECIFIC SELF PACED FITNESS PROGRAMS

Every other month a new goal specific, health themed fitness program will be released for you to download and use on your own time. Programs include Heart Health Program, Learn to Run 5Km and more.



BRING OPTIMAL TO YOUR NEXT MEETING!

LIVunLtd is pleased to offer free 5-15 minute virtual sessions during your meetings, events, etc.

- Mindfulness
- No Sweat Stretch Break

SEND US AN EMAIL AT
OPTIMAL@LIVUNLTD.COM TO BOOK



ANYTIME ANY WHERE ANY SESSION



Optimal offers an ever growing library of on demand fitness, mindfulness, stretch and education sessions!

Join Optimal today!

Visit
optimal.livnorth.com to
learn more!

