



SUMMER 2026

PROGRAM GUIDE

**VIRTUAL FITNESS &
WELLNESS PROGRAM**

**Take your Wellness
Rewards points to
the max with
Wellness Wins!**
~ Page 6

LIVunLtd

Welcome to Optimal!

Welcome to Optimal by LIVunLtd - 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!



About the cover:

By joining live classes, workshops, and wellness activities in July, you can super charge your Wellness Rewards with our Wellness Wins Challenge! Every 10 points earns you the chance to win one of two \$50 gift cards! **Learn more on page 6.**

LIVunLtd is the North American 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.

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See the full class schedule for July to August 2026

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Check out the Wellness Wins Challenge and our new Biggest Winner program.

08 August 2026

Soak up the remainder of summer with our Relaxation Reboot and Relaxation Yoga.



10 Wellness Rewards

Attend, earn, win. It's that easy. Learn all about our Wellness Rewards!

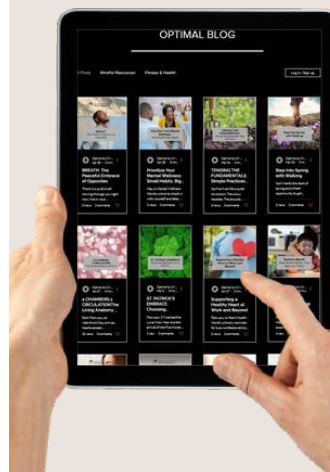
Find more about Optimal at www.optimal.virtualbyliv.com



Have you checked out the Optimal Blog?

Every month we post wellness articles about fitness, nutrition, wellness and mental wellness.

[CLICK HERE](#) to check it out!



LIVunLtd

CLASS SCHEDULE

OPTIMAL SCHEDULE

June 29 - September 6, 2026

Class times displayed in Eastern Time.

Monday	Tuesday	Wednesday
Upper Body Burn 6:55-7:05am Karen	Cardio Blast 6:55-7:05am Tab	Core Circuit 6:55-7:05am
HIIT 7:10 - 7:40am Karen	Triple Target 7:10 - 7:40am Tab	Strong 7:10 - 7:40am
Energize Stretch 7:45 - 7:55am Karen	Core Circuit 7:45 - 7:55am Tab	Energize Stretch 7:45 - 7:55am
Cardio Sculpt 10 - 10:30am	Yoga 9 - 9:30am	HIIT 10 - 10:30am
Stretch 11:30-11:45am Heather	Stretch : Back & Posture 11:30-11:45am Heather	Stretch 11:30-11:45am
Cardio Blast 11:50am-12pm Heather	Lower Body Burn 11:50am-12pm Heather	Core Flow 11:50am-12pm
Pilates Fusion 12:10-12:40pm Heather	Cardio Sculpt 12:10-12:40pm Heather	Triple Target 12:10-12:40pm
Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm
Stretch 1:50-2pm Julia	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm
Barre Fusion 2:10-2:40pm Julia	Upper Body Burn 2:10-2:20pm Caitlynn	Lower Body Burn 2:10-2:20pm
Ride 4:30-5pm Mia	Pilates Fusion 4:30-5pm Criss	Yoga Fusion 4:30-5:15pm
Core Flow 6:45-6:55pm Trinh	Energize Stretch 6:45-6:55pm	Stretch 6:45-6:55pm
Yoga 7-7:45pm Trinh	Zumba 7-7:30pm	Triple Target 7-7:30pm
Triple Target 9-9:30pm	Strong 9-9:30pm	HIIT 9-9:30pm

Register and join

All sessions st



optimal.virtual

Day	Thursday	Friday	Saturday	Sunday
Deb	Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann	Strong 9-9:30am ▶	HIIT 9-9:30am ▶
Deb	Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann	Stretch 10-10:15am ▶	Stretch 10-10:15am ▶
Deb	Core Flow 7:45 - 7:55am Lisa	Energize Stretch 7:45 - 7:55am Ann	Cardio Sculpt 11-11:30am ▶	Cardio Boxing 11-11:30am ▶
▶	Strong 9 - 9:30am ▶	Ride 10 - 10:30am ▶	Core Flow 12-12:10pm ▶	Core Circuit 12-12:10pm ▶
Lisa	Stretch : Neck & Shoulder 11:30-11:45am Amanda	Stretch 11:30-11:45am Alissa	Yoga 1-1:45pm ▶	Triple Target 1-1:45pm ▶
Lisa	Upper Body Burn 11:50am-12pm Amanda	Core Circuit 11:50am-12pm Alissa	Upper Body Burn 2-2:10pm ▶	Lower Body Burn 2-2:10pm ▶
Lisa	Cardio Boxing 12:10-12:40pm Amanda	Strong 12:10-12:40pm Alissa	Ride 3-3:30pm ▶	Pilates Fusion 3-3:30pm ▶
Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	<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 	
Olivia	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Criss		
Olivia	Low Impact Sweat 2:10-2:20pm Caitlynn	Pilates Fusion 2:10-2:40pm Criss		
Trinh	Cardio Sculpt 4:30-5pm ▶	Strong 4:30-5pm ▶		
▶	Core Circuit 6:45-6:55pm ▶	Energize Stretch 6:45-7pm ▶		
▶	Strong 7-7:10pm ▶	Cardio Boxing 7-7:30pm ▶		
▶	Ride 9-9:30pm ▶	Yoga 9-9:30pm ▶		

classes via the Optimal Member Portal or App.
Stream on Zoom. The passcode to join is virtual.



JULY 2026 EVENTS



Wellness Wins CHALLENGE

July 1 - 31, 2026

Make wellness part of your summer routine and get rewarded along the way.

During the Wellness Wins Challenge, your Wellness Rewards points could win you one of two \$50 gift cards.

[Learn More](#)



BIGGEST WINNER

Your 4-Week Reset for Health, Fitness & Lifestyle Change

Build momentum with a guided wellness program designed to help you feel stronger, healthier, and more energized, at your own pace. Whether you're restarting your routine, looking for accountability, or ready to create healthier habits, Biggest Winner gives you the tools, structure, and support to succeed.

Start anytime. Move at your pace. Repeat whenever you need a reset.

[Learn More](#)



JULY 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



The Aerobic Advantage: Why Zone 2 Matters

July 6, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore how Zone 2 training supports heart health, endurance, and overall fitness. This session highlights practical ways to incorporate moderate, sustainable aerobic activity into your routine for long-term benefits.



Morning Mindset: Starting Your Day with Intention

July 13, 2026

9:30am PT | 12:30pm ET | 6:30pm CET | 10:00pm IST

Learn simple practices to set a positive, focused tone for your day. This session explores strategies to cultivate clarity, energy, and purpose, helping you approach daily tasks with intention and balance.



Mindful Portions: Rethinking How Much is Enough

July 20, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore strategies to better understand hunger, fullness, and portion sizes. This session offers practical tips to support mindful eating habits, helping you feel satisfied while making thoughtful choices.



Stack & Stick: Building Lasting Habits

July 27, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Learn how to use habit stacking to make new routines easier to adopt and maintain. This session explores practical strategies to link small actions together, creating momentum and building lasting, positive habits.

AUGUST 2026 EVENTS



the RELAXATION REBOOT

August 10-14, 2026

A 5-Day Challenge to Explore What Helps You Truly Unwind

5 days of relaxation, prizes to be won, and all culminating in a special Restorative Yoga session on International Relaxation Day on August 14.

Learn More



RELAXATION YOGA

August 14

1:10pm AT | 12:10pm ET | 10:10am CT/MT | 9:10am PT

Celebrate National Relaxation Day!

To celebrate National Relaxation Day, we're hosting a calming virtual yoga session designed to help you reconnect and recharge. You don't need to be part of the challenge—just drop in, breathe, and enjoy a moment of stillness.

Learn More



AUGUST 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



Eating Well on the Go: Travel-Friendly Nutrition Strategies

August 4, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Discover practical tips for making nutritious choices while traveling or during busy days. This session highlights strategies for meal prep, smart snacking, and staying fueled without stress.

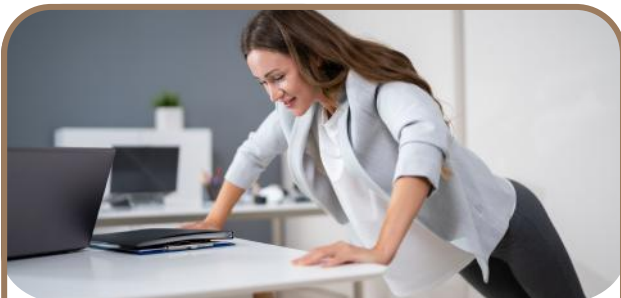


Balance Matters: Simple Drills for Stability

August 10, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore how balance training supports coordination, strength, and injury prevention. This session highlights simple, adaptable drills that can be incorporated into daily routines to improve stability and confidence in movement.

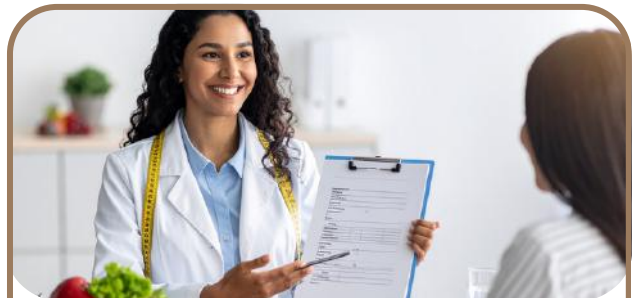


Microdosing Movement: Minimal time & Maximum impact

August 17, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore how small bursts of movement throughout the day can improve energy, focus, and overall wellness. This session highlights practical strategies to make short, intentional activity count —perfect for busy schedules or beginners.



Trending Diets - Let's discuss

August 24, 2026

2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore popular diet trends and the information behind them in a balanced, approachable way. This session creates space to review common approaches, discuss considerations, and ask questions in an open, supportive environment.

WELLNESSES REWARDS



We're doubling our reward for July with our Wellness Wins Challenge!

[CLICK HERE](#) to learn more.

YOUR HEALTHY HABITS JUST GOT EVEN MORE REWARDING!

HOW TO EARN POINTS



Attend Classes

Earn points for every live class attended



Watch Videos

Earn points for watching on-demand videos



Complete Challenges

Earn bonus points by participating in challenges



Download Resources


Earn points for accessing wellness resources



Points to Prize Draw

10 points

=

1 ballot entry 

Every 10 points you earn automatically gives you 1 entry into the monthly prize draw.



Monthly Prize Draw

\$25 Gift Card

At the end of every month, all ballot entries are entered into a prize draw for a \$25 gift card. The more entries you have, the better your chances of winning!

Pro tip: Attend classes regularly, watch videos, and complete challenges to maximize your entries each month!



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