



WellNorth

SPRING 2026

PROGRAM GUIDE

**VIRTUAL FITNESS &
WELLNESS PROGRAM**



**Make meal planning
easy with our Meal
Plan Masterclass**
~ Page 9

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Welcome to WellNorth!

Welcome to WellNorth - 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 WellNorth
Membership today!**



About the cover:

Take the stress out of “What’s for dinner?” with our Meal Plan Masterclass. This 4-week group helps you simplify food decisions, streamline your planning, and build a meal system that fits your real life. Less overwhelm, more confidence, and smarter weekly prep. **Learn more on page 9.**

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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12 May 2026
Stress less with our Stress Smart challenge and feel better at work with our Dedesking group.

15 Community Groups
New for 2026, come join, learn and grow with us!

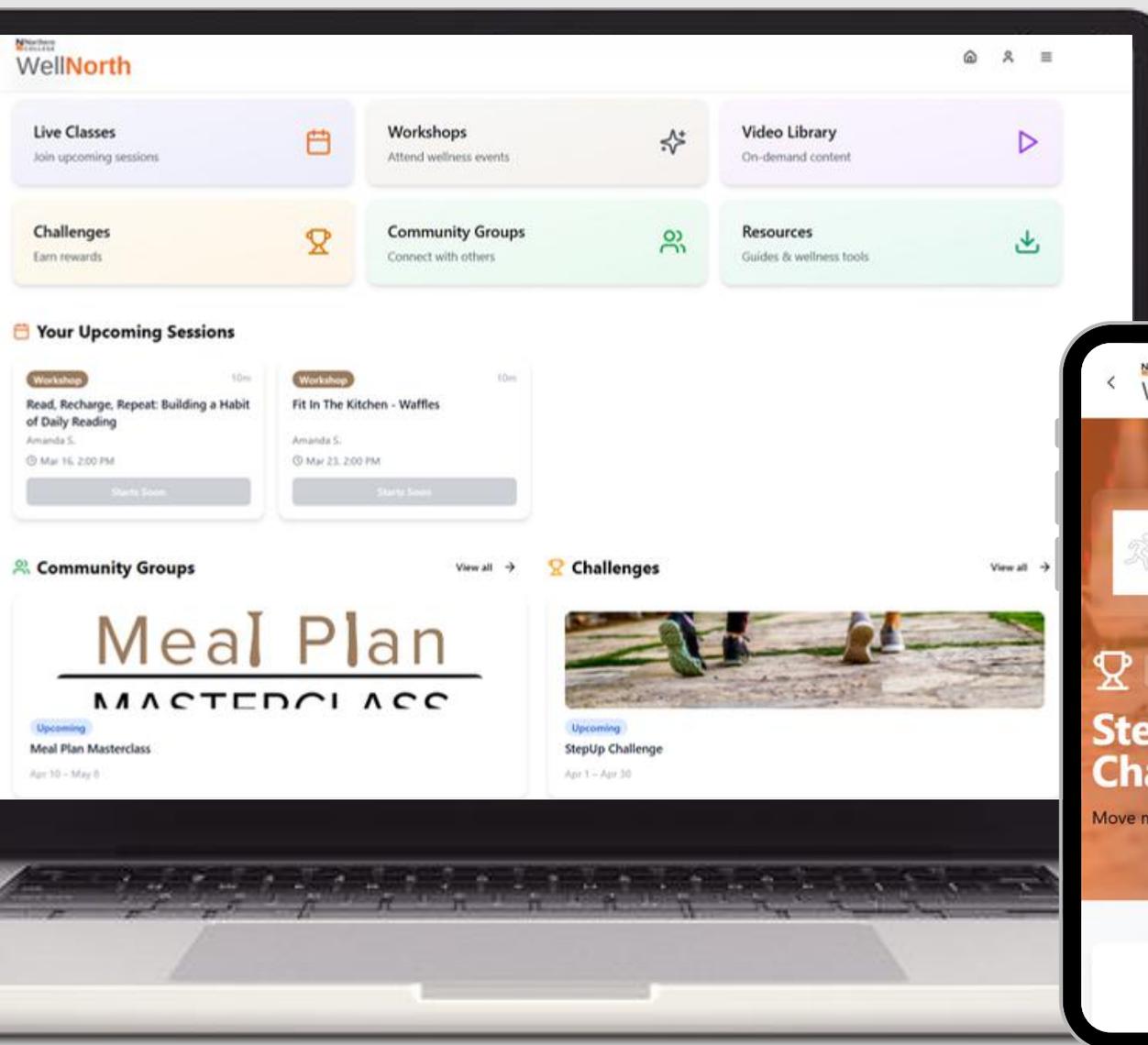
16 Wellness Rewards
Attend, earn, win. It's that easy. Learn all about our Wellness Rewards!

18 June 2026
Make the most of summer with the Summer Shred program and celebrate International Day of Yoga with us!

[Find more about WellNorth at well-north.com.](http://well-north.com)



Enhance your wellness



Enhance your WellNorth!

WellNorth now features an **upgraded platform** designed to make your wellness experience even better. The enhanced system makes it easier to:

- browse upcoming classes and workshops
- register for live sessions
- access on-demand content
- manage your wellness activities

To continue enjoying WellNorth classes and resources, you will need to activate your account on the upgraded platform.

NEW FEATURES:

- scheduling on-demand videos into your calendar
- earning more reward points for participating in activities
- tracking challenges directly within WellNorth

Members who activate their account by April 1 will be entered for a chance to win a \$50 gift card.

[Click here to get started!](#)



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CLASS SCHEDULE

WELLNORTH SCHEDULE

March 30 - June 26, 2026

Monday	Tuesday	Wednesday
Upper Body Burn 6:55-7:05am Amanda	Cardio Blast 6:55-7:05am Tab	Core Circuit 6:55-7:05am
HIIT 7:10 - 7:40am Amanda	Triple Target 7:10 - 7:40am Tab	Strong 7:10 - 7:40am
Energize Stretch 7:45 - 7:55am Amanda	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: Back & Posture 11:30-11:45am Heather	Stretch 11:30-11:45am Heather	Stretch: Neck & Shoulder 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 Caitlynn	Stretch 1:50-2pm Ann	Stretch 1:50-2pm
Lower Body Burn 2:10-2:20pm Caitlynn	Core Circuit 2:10-2:20pm Ann	Upper Body Burn 2:10-2:20pm
Ride 4:30-5pm Mia	Pilates Fusion 4:30-5pm Cris	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 Caitlynn	Triple Target 7-7:30pm
Triple Target 9-9:30pm	Strong 9-9:30pm	HIIT 9-9:30pm

Register and join

All sessions start



well-north.co

Wednesday	Thursday	Friday	Saturday	Sunday
Deb 6:55-7:05am Lisa	Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann	Strong 9-9:30am ▶	HIIT 9-9:30am ▶
Deb 7:10 - 7:40am Lisa	Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann	Stretch 10-10:15am ▶	Stretch 10-10:15am ▶
Deb 7:45 - 7:55am Lisa	Core Flow 7:45 - 7:55am Lisa	Energize Stretch 7:45 - 7:55am Ann	Cardio Sculpt 11-11:30am ▶	Cardio Boxing 11-11:30am ▶
Caitlynn 9 - 9:30am ▶	Strong 9 - 9:30am ▶	Ride 10 - 10:30am ▶	Core Flow 12-12:10pm ▶	Core Circuit 12-12:10pm ▶
Lisa 11:30-11:45am Amanda	Stretch 11:30-11:45am Amanda	Stretch: Hips, Wrist, Legs 11:30-11:45am Alissa	Yoga 1-1:45 ▶	Triple Target 1-1:45 ▶
Lisa 11:50am-12pm Amanda	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 12:10-12:40pm Amanda	Cardio Boxing 12:10-12:40pm Amanda	Strong 12:10-12:40pm Alissa	Ride 3-3:30pm ▶	Pilates Fusion 3-3:30pm ▶
Mat 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	<p>Head to well-north.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 1:50-2pm Dominik	Stretch 1:50-2pm Dominik	Stretch 1:50-2pm Criss		
Olivia 2:10-2:20pm Dominik	Cardio Blast 2:10-2:20pm Dominik	Pilates Fusion 2:10-2:40pm Criss		
Trinh 4:30-5pm ▶	Cardio Sculpt 4:30-5pm ▶	Strong 4:30-5pm ▶		
▶ 6:45-6:55pm	Core Circuit 6:45-6:55pm	Energize Stretch 6:45-7pm ▶		
▶ 7-7:10pm	Strong 7-7:10pm	Cardio Boxing 7-7:30pm ▶		
▶ 9-9:30pm	Ride 9-9:30pm ▶	Yoga 9-9:30pm ▶		

Join our classes via the WellNorth Member Portal or App.

Stream on Zoom. The passcode to join is virtual.



APRIL 2026 EVENTS



April 1 – 30, 2026

Move more - one step at a time!

The StepUp Challenge isn't about hitting a perfect number every day, it's about building momentum, feeling better in your body, and discovering how small daily movement adds up. Whether you're already active or just getting started, this challenge is designed for **EVERYONE**. No workouts. No equipment. Just walking, at your pace, in your day.

[Learn More](#)



OPTIMAL COFFEE TALK

Sip, Learn & Connect

Built to Cope: Understanding Stress Through Your Genes and Lifestyle

With Guest Speaker Dr. Penny Kendall-Reed

April 13 at 9:30am PT | 12:30pm ET | 6:30pm CET | 10:00pm IST

Stress is not just a mindset, it is a biological response shaped by both genetics and lifestyle. In this interactive coffee talk, Dr. Penny Kendall-Reed discusses how genetic predispositions can influence stress response, recovery, and burnout risk, and how naturopathic approaches can support the body in managing stress more effectively over time.

[Learn More](#)

APRIL 2026 EVENTS



Meal Plan MASTERCLASS

April 10 - May 7, 2026

Move more - one step at a time!

This 4-week meal planning challenge is designed to help you simplify food decisions, reduce stress around meals, and build a planning system that actually works for your life.

[Learn More](#)



OVER THE 4 WEEKS YOU'LL LEARN:

Creating a plan that reflects your actual week, instead of your ideal one. Learn functional planning skills that allow you to succeed!



Reduce your choices to **increase your success with the 5 4 3 2 1 strategy** to minimize effort and choices.



No week goes to plan, so learn to **adapt and build** out more support for yourself to help you stay on plan with less effort.



Learn how to apply dietary changes and incorporate nutritional details and recommendations so that you can reach your goals through nutrition.



APRIL 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



Mindful Moments: Spring Reset Meditation

April 7, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Refresh your mind with a guided meditation designed to welcome the change of season.

This session offers simple mindfulness practices to help release tension, restore focus, and embrace a sense of renewal.



Built to Cope:

Understanding Stress Through Your Genes and Lifestyle

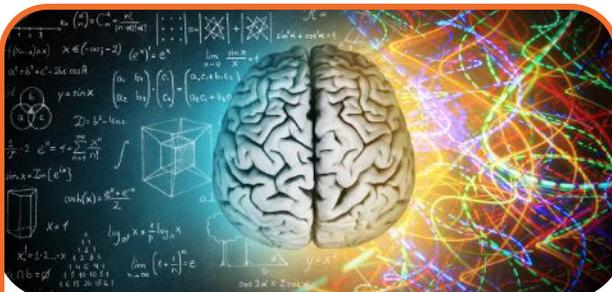
April 13, 2026

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

Discover how your genetics may influence stress, recovery, and burnout risk, and learn practical naturopathic strategies to build resilience over time.

This session is the perfect lead-in to help you prepare for and get the most out of our upcoming

Stress Smart Challenge.



Declutter Your Mind: Organization for Mental Clarity

April 20, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Learn simple strategies to organize your space, tasks, and thoughts to reduce stress and improve focus. This session offers practical tips to create clarity and calm in both work and life.



Dance Your Way to Better Fitness

April 27, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Discover how dancing boosts energy, coordination, and overall fitness while bringing fun back into movement. This session is the perfect lead-in to get you excited and ready for

Dance Day later in the week!

APRIL 2026 SPECIAL EVENT

International *Dance Day*



Wednesday, April 29, 2025



12:10 pm ET

Join us on the International Dance Day for a 30-minute dance class filled with feel-good music and plenty of fun! It's the perfect opportunity to let loose, move your body, and enjoy a vibrant atmosphere with friends.

Find the class on your regular schedule in WellNorth.

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MAY 2026 EVENTS



STRESS SMART CHALLENGE

May 4 - 17, 2026

The Stress Smart Challenge is a supportive, two-week experience designed to help participants manage stress through small, practical daily actions that fit into real life. This challenge was developed in partnership with Dr. Penny Kendall-Reed, incorporating evidence-informed strategies to support nervous system regulation and sustainable stress management.

[Learn More](#)



MAY MENTAL HEALTH WEEK

The Connection Reset: 5 Ways to Feel More Connected Starting Today

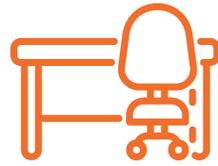
May 6 at 2pm AT / 1pm ET / 12pm CT / 11am MT / 10am PT

Feeling disconnected is more common than we think, and more harmful than we realize. In this engaging session, you will learn five practical, research-backed strategies to strengthen connection in your daily life, even if you are busy, remote, or introverted. Walk away with simple scripts, habits, and tools you can use immediately.

[Learn More](#)



MAY 2026 EVENTS



DE-DESKING Undoing Desk Damage

May 11 - June 1, 2026

Take charge of your body and improve your desk work experience

De-Deskings is a practical, supportive program designed to help you undo the physical strain that builds up from daily desk work and sedentary routines. Over four weeks, you'll learn simple, effective techniques to reduce tension, improve mobility, and support your body throughout the workday and beyond.

[Learn More](#)



OVER THE 4 WEEKS YOU'LL LEARN:

Simple breathing, relaxation, and targeted movements to relieve stiffness, ease common desk-related aches, and reduce physical stress.



Gentle stretches and practical strategies to enhance range of motion, support healthy posture, and build movement awareness.



Accessible chair-based and standing exercises that fit into small spaces and suit all mobility levels.



Yoga-inspired stretches, ball therapy, simple props, and short movement breaks designed for real-world desk life.



MAY 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



Reset Your Nervous System: Simple Practices for Daily Calm

May 4, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Explore practical techniques to help your body and mind relax, reduce stress, and restore balance. This session offers adaptable practices you can use throughout the day to promote calm and resilience.

Presented by Dr. Penny Kendall-Reed



Scrappy Cooking: Making the Most of What You Have

May 11, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Learn simple strategies to create healthy, satisfying meals using what's already in your kitchen. This session highlights tips for improvisation, flavor, and nutrition to make mealtime easier and more enjoyable.



Morning Moves: Gentle Routines to Start the Day with Energy

May 19, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Kickstart your day with simple, adaptable movement routines that boost energy and focus. This session is designed for all bodies, whether seated or standing, and emphasizes gentle exercises to support morning vitality.



Blue Zones Habits: Lessons for Longevity

May 25, 2026

10am PT / 1pm ET / 7pm CET/ 10:30pm IST

Explore lifestyle habits from the world's Blue Zones that support long, healthy lives. This session highlights simple, everyday practices around movement, connection, and mindset that can be adapted to fit many lifestyles and wellness goals.

Join the crowd, Join a Virtual Community Group

Community Groups are 4 week groups that focus on a single theme, provide a live weekly touch point, and access to our Community Portal for resources, a community chat, and more!



Meal Plan MASTERCLASS

Your 4-week support consistency and planning to meet your nutrition goals with ease!

April 10 - May 7, 2026

Learn more on Page 9

DE-DESKING Undoing Desk Damage

Your 4-week program to reduce desk-related tension and move with greater comfort and ease.

May 11 - June 1, 2026

Learn more on Page 13



WELLNESSES REWARDS



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!

JUNE 2026 EVENTS



Summer SHRED

June 1 - 28, 2026

This isn't about extreme workouts or perfect routines - it's about consistent progress through structured strength training and daily movement.

Whether you're getting back into a routine or looking for a focused plan to follow, this challenge is designed to be clear, achievable, and effective.

[Learn More](#)

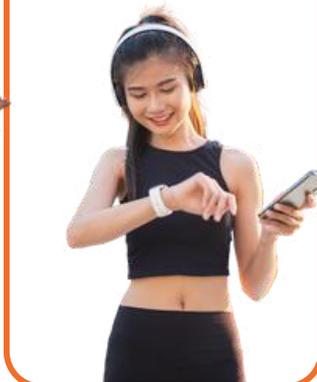


OVER THE 4 WEEKS YOU'LL HAVE ACCESS TO:

A clear, easy-to-follow 4-week strength plan designed for home with just dumbbells



A workout tracker to log and track your progress so you can see your results!



A nutrition plan you can follow - if you choose to - with meal plan, grocery lists, recipes and more!



A chance to win a prize for completing the program



JUNE 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



The Science of Small Wins: Staying Motivated Daily

June 1, 2026

2pm AT / 1pm ET / 12pm CT / 11am MT / 10am PT

Learn how small, consistent wins can build momentum and support long-term motivation. This workshop explores simple strategies to recognize progress, stay encouraged, and create daily habits that feel achievable and sustainable.



Fresh Air Reset: 10 Minutes to Recharge Outside

June 8, 2026

2pm AT / 1pm ET / 12pm CT / 11am MT / 10am PT

Explore how light movement, breathing, or awareness outdoors can refresh both body and mind. Participants will learn simple outdoor practices that can be done in just 10 minutes.



Digital Detox: Reclaiming Your Attention in a Connected World

June 15, 2026

2pm AT / 1pm ET / 12pm CT / 11am MT / 10am PT

Explore how constant notifications and screen time impact focus, stress, and energy. This workshop offers simple, realistic strategies to reset your relationship with technology and create healthier boundaries that support attention and well-being.



Fit in the Kitchen : BBQ Side Swaps for Summer

June 22, 2026

2pm AT / 1pm ET / 12pm CT / 11am MT / 10am PT

Learn simple, delicious ways to make your summer BBQ sides healthier without sacrificing flavor. Participants receive a recipe and tips on ingredient swaps, preparation, and nutrition to enjoy during cookouts or at home.



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