

*Nutrien* **FITNESS**

SUMMER 2026

# PROGRAM GUIDE

**VIRTUAL FITNESS &  
WELLNESS PROGRAM**

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

~ Page 6

**LIV**unLtd

# Welcome to Nutrien Fitness!

## Welcome to Nutrien Fitness - 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 Nutrien Fitness 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.**

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**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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## 04 Class Schedule

See the full class schedule for July to August 2026

## 06 July 2026

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 Nutrien Fitness at [nutrienfitness.com](https://nutrienfitness.com)**



### Have you checked out the Blog?

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

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



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# CLASS SCHEDULE

# NUTRIEN FITNESS SCHEDULE

June 29 - September 6, 2026

Class times displayed in Mountain Time.

Monday	Tuesday	Wednesday
<b>Upper Body Burn</b> 4:55-5:05am Karen	<b>Cardio Blast</b> 4:55-5:05am Tab	<b>Core Circuit</b> 4:55-5:05am
<b>HIIT</b> 5:10 - 5:40am Karen	<b>Triple Target</b> 5:10 - 5:40am Tab	<b>Strong</b> 5:10 - 5:40am
<b>Energize Stretch</b> 5:45 - 5:55am Karen	<b>Core Circuit</b> 5:45 - 5:55am Tab	<b>Energize Stretch</b> 5:45 - 5:55am
<b>Cardio Sculpt</b> 8 - 10:30am	<b>Yoga</b> 7 - 7:30am	<b>HIIT</b> 8 - 8:30am
<b>Stretch</b> 9:30-9:45am Heather	<b>Stretch: Back &amp; Posture</b> 9:30-9:45am Heather	<b>Stretch</b> 9:30-9:45am
<b>Cardio Blast</b> 9:50am-10am Heather	<b>Lower Body Burn</b> 9:50am-10am Heather	<b>Core Flow</b> 9:50am-10am
<b>Pilates Fusion</b> 10:10-10:40am Heather	<b>Cardio Sculpt</b> 10:10-10:40am Heather	<b>Triple Target</b> 10:10-10:40am
<b>Calm</b> 11:30-11:40am Mat	<b>Calm</b> 11:30-11:40am Mat	<b>Calm</b> 11:30-11:40am
<b>Stretch</b> 11:50-12pm Julia	<b>Stretch</b> 11:50-12pm Caitlynn	<b>Stretch</b> 11:50-12pm
<b>Barre Fusion</b> 12:10-12:40pm Julia	<b>Upper Body Burn</b> 12:10-12:20pm Caitlynn	<b>Lower Body Burn</b> 12:10-12:20pm
<b>Ride</b> 2:30-3pm Mia	<b>Pilates Fusion</b> 2:30-3pm Criss	<b>Yoga Fusion</b> 2:30-3:15pm
<b>Core Flow</b> 4:45-4:55pm Trinh	<b>Energize Stretch</b> 4:45-4:55pm	<b>Stretch</b> 4:45-4:55pm
<b>Yoga</b> 5-5:30pm <i>Trinh</i>	<b>Zumba</b> 5-5:30pm Caitlynn	<b>Triple Target</b> 5-5:30pm
<b>Triple Target</b> 7-7:30pm	<b>Strong</b> 7-7:30pm	<b>HIIT</b> 7-7:30pm

Register and join class

All sessions start



nutrienfitne

# SCHEDULE



Day	Thursday	Friday	Saturday	Sunday
Deb	<b>Lower Body Burn</b> 4:55-5:05am Lisa	<b>Core Flow</b> 4:55-4:05am Ann	<b>Strong</b> 5-5:30am	<b>HIIT</b> 5-5:30am
Deb	<b>Yoga</b> 5:10 - 5:40am Lisa	<b>Cardio Sculpt</b> 5:10 - 5:40am Ann	<b>Stretch</b> 6-6:15am	<b>Stretch</b> 6-6:15am
Deb	<b>Core Flow</b> 5:45 - 5:55am Lisa	<b>Energize Stretch</b> 5:45 - 5:55am Ann	<b>Cardio Sculpt</b> 7-7:30am	<b>Cardio Boxing</b> 7-7:30am
	<b>Strong</b> 7- 7:30am	<b>Ride</b> 8- 8:30am	<b>Core Flow</b> 8-8:10am	<b>Core Circuit</b> 8-8:10am
Lisa	<b>Stretch: Neck &amp; Shoulder</b> 9:30-9:45am Amanda	<b>Stretch</b> 9:30-9:45am Alissa	<b>Yoga</b> 9-9:45am	<b>Triple Target</b> 9-9:45am
Lisa	<b>Upper Body Burn</b> 9:50am-10am Amanda	<b>Core Circuit</b> 9:50am-10am Alissa	<b>Upper Body Burn</b> 10-10:10am	<b>Lower Body Burn</b> 10-10:10am
Lisa	<b>Cardio Boxing</b> 10:10-10:40am Amanda	<b>Strong</b> 10:10-10:40am Alissa	<b>Ride</b> 11-11:30am	<b>Pilates Fusion</b> 11-11:30am
Mat	<b>Calm</b> 11:30-11:40am Mat	<b>Calm</b> 11:30-11:40am Mat	<p>Head to <a href="https://NutrienFitness.com">NutrienFitness.com</a> to see full class descriptions</p> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; margin-right: 5px;"></span> Mindfulness</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #DDA0DD; margin-right: 5px;"></span> 10 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; margin-right: 5px;"></span> 15 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; margin-right: 5px;"></span> 30 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #66B3FF; margin-right: 5px;"></span> 45 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; border-radius: 50%; margin-right: 5px;"></span> On Demand Video</li> </ul>	
Olivia	<b>Stretch</b> 11:50-12pm Caitlynn	<b>Stretch</b> 11:50-12pm Criss		
Olivia	<b>Low Impact Sweat</b> 12:10-12:20pm Caitlynn	<b>Pilates Fusion</b> 12:10-12:40pm Criss		
Trinh	<b>Cardio Sculpt</b> 2:30-3pm	<b>Strong</b> 2:30-3pm		
	<b>Core Circuit</b> 4:45-4:55pm	<b>Energize Stretch</b> 4:45-4:55pm		
	<b>Strong</b> 5-5:30pm	<b>Cardio Boxing</b> 5-5:30pm		
	<b>Ride</b> 7-7:30pm	<b>Yoga</b> 7-7:30pm		

Classes via the Nutrien Fitness Member Portal or App.  
Stream on Zoom. The passcode to join is virtual.

ess.com



nutrienfitness@livunltd.com

# 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

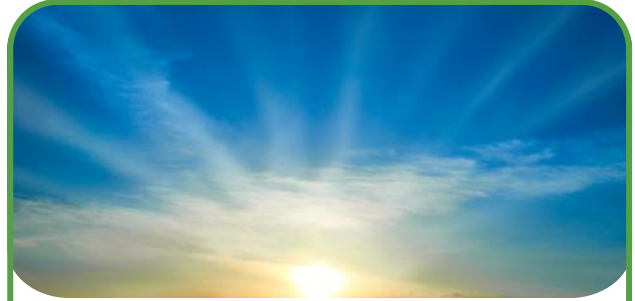


## **The Aerobic Advantage: Why Zone 2 Matters**

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



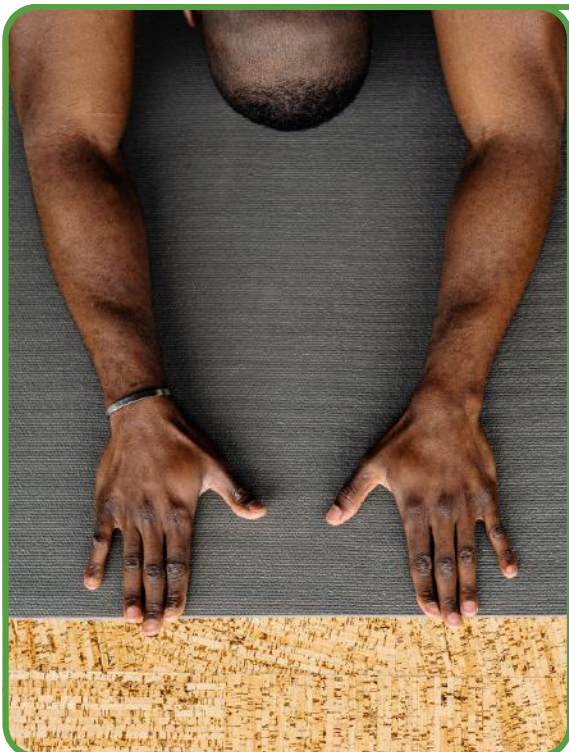
## the RELAXATION REBOOT

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!

# *Nutrien* **FITNESS**

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[nutrienfitness.com](http://nutrienfitness.com)

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