

myFitness

SPRING 2026

# PROGRAM GUIDE

VIRTUAL FITNESS &  
WELLNESS PROGRAM

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

LIV<sub>unLtd</sub>

# Welcome to myFitness!

## Welcome to myFitness - the Sun Life Employee Wellness Program.

myFitness offers both virtual fitness and wellness for Sun Life employees across Canada, and in person services at the Waterloo-King office.

### 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 myFitness  
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.**

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

**Find more about Optimal at [www.optimal.virtualbyliv.com](http://www.optimal.virtualbyliv.com)**



# 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**



# TEAM SESSIONS

with *myFitness*  
Virtual

Long meetings, tight deadlines, and packed schedules can leave your team feeling drained and unfocused. A 5-10 minutes stretch break or a guided wellness break can help with that!

With myFitness Virtual, you can easily book a Team Session designed to refresh and re-energize your group—no matter where they are!



## **Stretch Breaks**

Ease tension and improve focus with simple, effective movements.



## **Mindfulness Moments**

Reduce stress and enhance clarity with a guided breathing or relaxation exercise.



## **Education Sessions**

Quick, practical wellness tips to support a healthier work-life balance.

## **Why it works:**

Research shows that short, intentional breaks improve concentration, prevent burnout, and encourage collaboration. By integrating wellness into your meetings, you're fostering a healthier, happier, and more engaged team.

**Ready to power up your next meeting?** Contact us at [info@my-fitness.ca](mailto:info@my-fitness.ca) to book your virtual Team Session today!

# CLASS SCHEDULE

## myFitness Virtual Sch

March 30 - June 26, 2026

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

Monday	Tuesday	Wednesday
<b>Upper Body Burn</b> 6:55-7:05am Amanda	<b>Cardio Blast</b> 6:55-7:05am Tab	<b>Core Circuit</b> 6:55-7:05am
<b>HIIT</b> 7:10 - 7:40am Amanda	<b>Triple Target</b> 7:10 - 7:40am Tab	<b>Strong</b> 7:10 - 7:40am
<b>Energize Stretch</b> 7:45 - 7:55am Amanda	<b>Core Circuit</b> 7:45 - 7:55am Tab	<b>Energize Stretch</b> 7:45 - 7:55am
<b>Cardio Sculpt</b> 10 - 10:30am	<b>Yoga</b> 9 - 9:30am	<b>HIIT</b> 10 - 10:30am
<b>Stretch: Back &amp; Posture</b> 11:30-11:45am Heather	<b>Stretch</b> 11:30-11:45am Heather	<b>Stretch: Neck &amp; Shoulders</b> 11:30-11:45am
<b>Cardio Blast</b> 11:50am-12pm Heather	<b>Lower Body Burn</b> 11:50am-12pm Heather	<b>Core Flow</b> 11:50am-12pm
<b>Pilates Fusion</b> 12:10-12:40pm Heather	<b>Cardio Sculpt</b> 12:10-12:40pm Heather	<b>Triple Target</b> 12:10-12:40pm
<b>Calm</b> 1:30-1:40pm Mat	<b>Calm</b> 1:30-1:40pm Mat	<b>Calm</b> 1:30-1:40pm
<b>Stretch</b> 1:50-2pm Caitlynn	<b>Stretch</b> 1:50-2pm Ann	<b>Stretch</b> 1:50-2pm
<b>Lower Body Burn</b> 2:10-2:20pm Caitlynn	<b>Core Circuit</b> 2:10-2:20pm Ann	<b>Upper Body Burn</b> 2:10-2:20pm
<b>Ride</b> 4:30-5pm Mia	<b>Pilates Fusion</b> 4:30-5pm Cris	<b>Yoga Fusion</b> 4:30-5:15pm
<b>Core Flow</b> 6:45-6:55pm Trinh	<b>Energize Stretch</b> 6:45-6:55pm	<b>Stretch</b> 6:45-6:55pm
<b>Yoga</b> 7-7:45pm Trinh	<b>Zumba</b> 7-7:30pm Caitlynn	<b>Triple Target</b> 7-7:30pm
<b>Triple Target</b> 9-9:30pm	<b>Strong</b> 9-9:30pm	<b>HIIT</b> 9-9:30pm

Register and join class

All sessions stream



my-fitness.ca

# Schedule

Filter by your time zone and class descriptions.

Monday	Thursday	Friday	Saturday	Sunday
Deb 6:55-7:05am Lisa	<b>Lower Body Burn</b> 6:55-7:05am Lisa	<b>Core Flow</b> 6:55-7:05am Ann	<b>Strong</b> 9-9:30am	<b>HIIT</b> 9-9:30am
Deb 7:10 - 7:40am Lisa	<b>Yoga</b> 7:10 - 7:40am Lisa	<b>Cardio Sculpt</b> 7:10 - 7:40am Ann	<b>Stretch</b> 10-10:15am	<b>Stretch</b> 10-10:15am
Deb 7:45 - 7:55am Lisa	<b>Core Flow</b> 7:45 - 7:55am Lisa	<b>Energize Stretch</b> 7:45 - 7:55am Ann	<b>Cardio Sculpt</b> 11-11:30am	<b>Cardio Boxing</b> 11-11:30am
Caitlynn 9 - 9:30am	<b>Strong</b> 9 - 9:30am	<b>Ride</b> 10 - 10:30am	<b>Core Flow</b> 12-12:10pm	<b>Core Circuit</b> 12-12:10pm
Lisa 11:30-11:45am Amanda	<b>Stretch</b> 11:30-11:45am Amanda	<b>Stretch: Hips, Wrist, Legs</b> 11:30-11:45am Alissa	<b>Yoga Fusion</b> 1-1:45	<b>Triple Target</b> 1-1:30
Lisa 11:50am-12pm Amanda	<b>Upper Body Burn</b> 11:50am-12pm Amanda	<b>Core Circuit</b> 11:50am-12pm Alissa	<b>Upper Body Burn</b> 2-2:10pm	<b>Lower Body Burn</b> 2-2:10pm
Lisa 12:10-12:40pm Amanda	<b>Cardio Boxing</b> 12:10-12:40pm Amanda	<b>Strong</b> 12:10-12:40pm Alissa	<b>Ride</b> 3-3:30pm	<b>Pilates Fusion</b> 3-3:30pm
Mat 1:30-1:40pm Mat	<b>Calm</b> 1:30-1:40pm Mat	<b>Calm</b> 1:30-1:40pm Mat	<p>Head to <a href="http://my-fitness.ca">my-fitness.ca</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; border:1px solid black;"></span> Mindfulness</li> <li><span style="display:inline-block; width:15px; height:15px; background-color:#DDA0DD; border:1px solid black;"></span> 10 minute class</li> <li><span style="display:inline-block; width:15px; height:15px; background-color:#FFD700; border:1px solid black;"></span> 15 minute class</li> <li><span style="display:inline-block; width:15px; height:15px; background-color:#ADD8E6; border:1px solid black;"></span> 30 minute class</li> <li><span style="display:inline-block; width:15px; height:15px; background-color:#4682B4; border:1px solid black;"></span> 45 minute class</li> <li><span style="display:inline-block; width:15px; height:15px; border:1px solid black; border-radius:50%;"></span> On Demand Video</li> </ul>	
Olivia 1:50-2pm Dominik	<b>Stretch</b> 1:50-2pm Dominik	<b>Stretch</b> 1:50-2pm Criss		
Olivia 2:10-2:20pm Dominik	<b>Cardio Blast</b> 2:10-2:20pm Dominik	<b>Pilates Fusion</b> 2:10-2:40pm Criss		
Trinh 4:30-5pm	<b>Cardio Sculpt</b> 4:30-5pm	<b>Strong</b> 4:30-5pm		
<b>Core Circuit</b> 6:45-6:55pm	<b>Energize Stretch</b> 6:45-7pm	<b>Strong</b> 7-7:10pm		
<b>Strong</b> 7-7:10pm	<b>Cardio Boxing</b> 7-7:30pm	<b>Ride</b> 9-9:30pm		
<b>Ride</b> 9-9:30pm	<b>Yoga</b> 9-9:30pm			

Access classes via the myFitness Member Portal or App.

Join on Zoom. The passcode to join is virtual.



[info@my-fitness.ca](mailto:info@my-fitness.ca)

# 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.



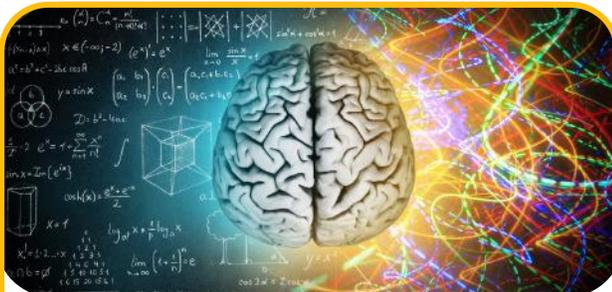
## **Built to Cope:** Understanding Stress Through Your Genes and Lifestyle

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



1:10pm AT | 12:10pm ET | 11:10am CT |  
10:10 am MT | 9:10am PT

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 Optimal.

**LIV**<sub>unLtd</sub>

# 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**

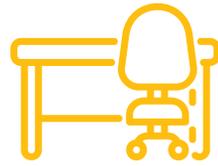
May 6 at 2pm AT / 1pm ET / 12pm CT / 11am MT / 10am PT

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-Deskling 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.

# 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.

1 SESSION = 1 POINT

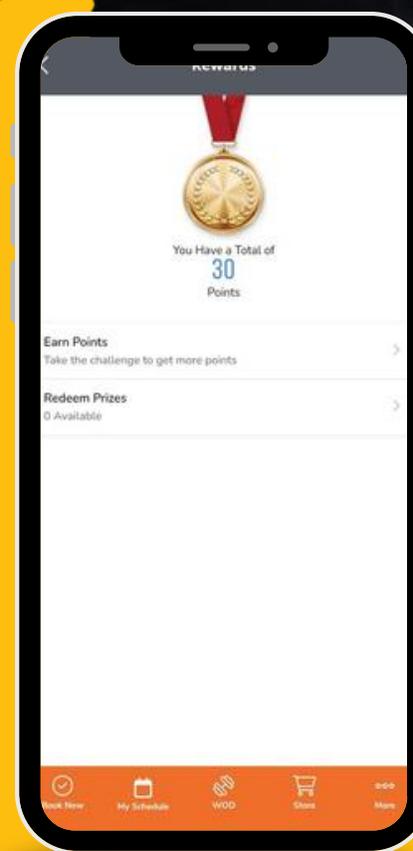
10 POINTS = 1 BALLOT

1 BALLOT = YOUR CHANCE TO **WIN 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.

Whether you're looking to unwind, build power, or boost your endurance, these bonus months are the perfect time to explore new classes and double your progress.

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!



# 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



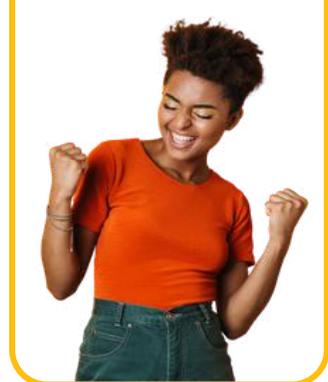
**A workout tracker** to log and track your progress so you can see your results!



**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.

*my*.Fitness  
Virtual

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