

myFitness  
Virtual

WINTER 2026

# PROGRAM GUIDE

VIRTUAL FITNESS &  
WELLNESS PROGRAM

Reset your mind,  
breathe easier, and  
feel more grounded.  
~ Page 10

LIV<sub>unLtd</sub>

# Welcome to myFitness Virtual!

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

myFitness Virtual is free of charge to all employees of SunLife.

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 myFitness Virtual Membership today!**



### About the cover:

This winter, give your mind the reset it deserves. Mindset Reset is a weekly space to slow down, breathe, and build simple mindfulness habits that reduce stress and bring more clarity into your day. With practical micro practices, it's an easy way to feel more grounded all season long. More on page 10.

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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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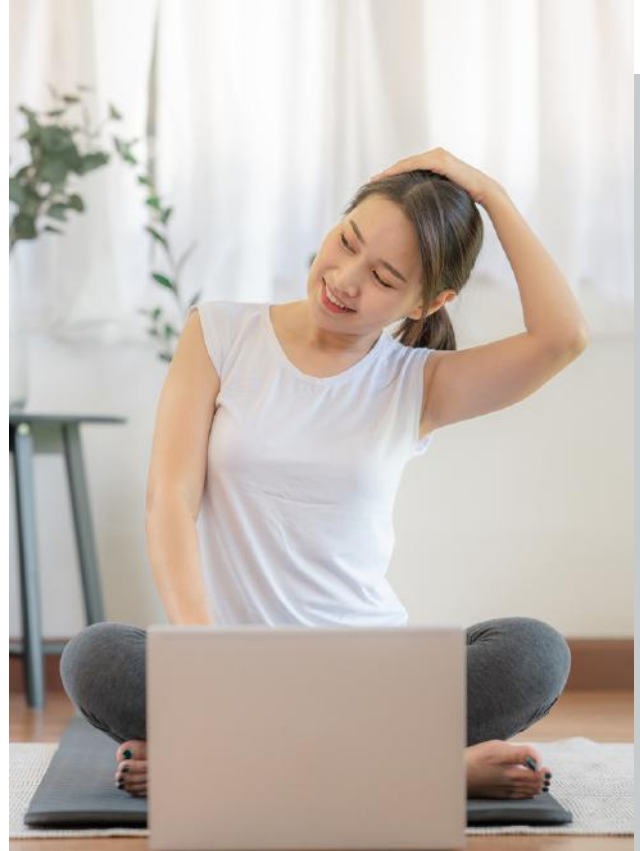
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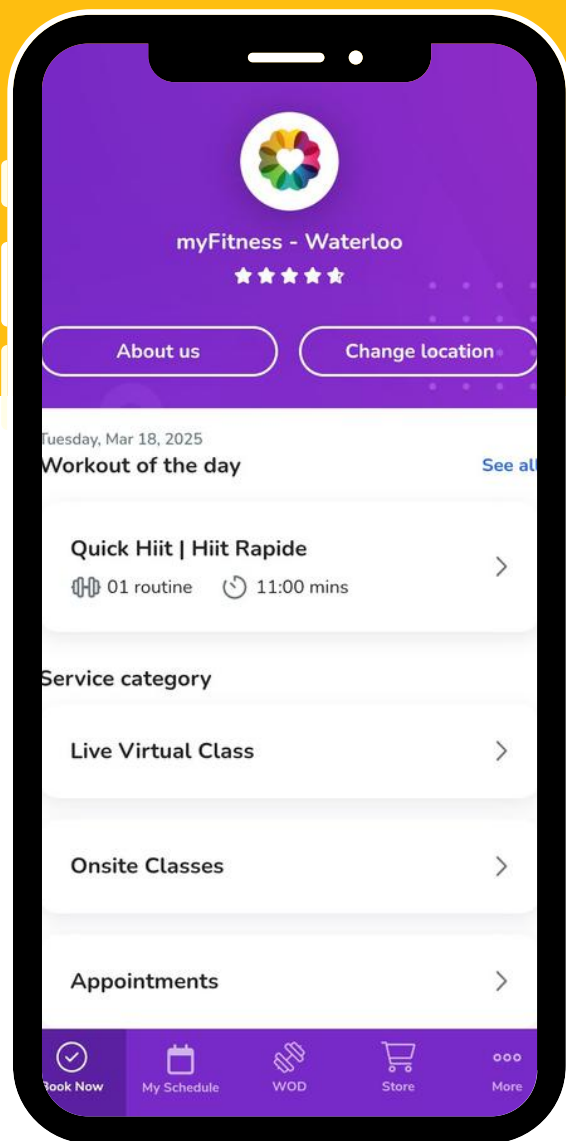
**17** **Team Sessions**  
Long meeting? Let us help keep your team energized with an activation session!

**Find more about the myFitness at [healthhubcanada.com](https://healthhubcanada.com)**





# GET THE APP STAY CONNECTED



## With the myFitness app you get:

- **Sessions at your Finger Tips**  
Book into a class, reserve your spot in a workshop, or join a challenge all from your phone or tablet!
- **Live and On Demand Sessions**  
Join any live session and watch any on demand video from your phone - you can even cast to a TV!
- **Easy Access**  
Update your account, view messages, and stay informed all while you are on the go!



# 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!



A weekly space to slow down, learn powerful mindset tools, and practice them together.

February 6 - March 5, 2026

**Learn more on Page 11**



A supportive, confidence-building introduction to virtual fitness, with a clear focus on strength, cardio, and mobility skills.

March 2 - 29, 2026

**Learn more on Page 15**



# CLASS SCHEDULE

# myFitness Virtual Sch

January 5 - March 27, 2026

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

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

All sessions stre



my-fitness.ca



in your time zone and class descriptions.

Monday	Thursday	Friday	Saturday	Sunday
<i>Deb</i> <b>Lower Body Burn</b> 6:55-7:05am <i>Lisa</i>	<b>Core Flow</b> 6:55-7:05am <i>Ann</i>	<b>Strong</b> 9-9:30am	<b>HIIT</b> 9-9:30am	
<i>Deb</i> <b>Yoga</b> 7:10 - 7:40am <i>Lisa</i>	<b>Cardio Sculpt</b> 7:10 - 7:40am <i>Ann</i>	<b>Stretch</b> 10-10:15am	<b>Stretch</b> 10-10:15am	
<i>Deb</i> <b>Core Flow</b> 7:45 - 7:55am <i>Lisa</i>	<b>Energize Stretch</b> 7:45 - 7:55am <i>Ann</i>	<b>Cardio Sculpt</b> 11-11:30am	<b>Cardio Boxing</b> 11-11:30am	
<b>Strong</b> 9 - 9:30am	<b>HIIT</b> 9 - 9:30am	<b>Core Flow</b> 12-12:10pm	<b>Core Circuit</b> 12-12:10pm	
<i>older Lisa</i> <b>Stretch</b> 11:30-11:45am <i>Amanda</i>	<b>Stretch: Hips, Wrist, Legs</b> 11:30-11:45am <i>Maria</i>	<b>Yoga Fusion</b> 1-1:45	<b>Triple Target</b> 1-1:30	
<i>Lisa</i> <b>Core Flow</b> 11:50am-12pm <i>Amanda</i>	<b>Upper Body Burn</b> 11:50am-12pm <i>Maria</i>	<b>Upper Body Burn</b> 2-2:10pm	<b>Lower Body Burn</b> 2-2:10pm	
<i>Lisa</i> <b>Cardio Boxing</b> 12:10-12:40pm <i>Amanda</i>	<b>Triple Target</b> 12:10-12:40pm <i>Maria</i>	<b>Ride</b> 3-3:30pm	<b>Pilates Fusion</b> 3-3:30pm	
<i>Mat</i> <b>Calm</b> 1:30-1:40pm <i>Mat</i>	<b>Calm</b> 1:30-1:40pm <i>Mat</i>	<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> Mindfulness</li> <li> 10 minute class</li> <li> 15 minute class</li> <li> 30 minute class</li> <li> 45 minute class</li> <li> On Demand Video</li> </ul>		
<i>Paige</i> <b>Stretch</b> 1:50-2pm <i>Dominik</i>	<b>Stretch</b> 1:50-2pm <i>Criss</i>			
<i>Paige</i> <b>Upper Body Burn</b> 2:10-2:20pm <i>Dominik</i>	<b>Pilates Fusion</b> 2:10-2:40pm <i>Criss</i>			
<i>Trinh</i> <b>Cardio Sculpt</b> 4:30-5pm	<b>Strong</b> 4:30-5pm			
<b>Core Circuit</b> 6:45-6:55pm <i>Paige</i>	<b>Energize Stretch</b> 6:45-7pm			
<b>HIIT</b> 7-7:30pm <i>Paige</i>	<b>Cardio Boxing</b> 7-7:30pm			
<b>Ride</b> 9-9:30pm	<b>Yoga</b> 9-9:30pm			

Classes via the myFitness Member Portal or App.

Stream on Zoom. The passcode to join is virtual.



info@my-fitness.ca

# JANUARY 2026 EVENTS



## MYFITNESS' NEXT **topmover**

January 19 - February 15, 2026

**Fuel. Move. Thrive. Become the Next Top Mover.**

This 4 week challenge blends simple nutrition habits, fun movement missions, and feel good mindfulness so you can build real, sustainable progress. Choose mini or max missions each week, earn ballots, and discover how small daily actions can create big changes in how you feel.

Learn More



### WEEK 1: **NOURISH TO FLOURISH**

Fuel your body and mind with mindful eating habits.



### WEEK 2: **MOVE YOUR WAY**

Find joy in movement, your way.



### WEEK 3: **STRENGTHEN & RESTORE**

Build strength, balance & flexibility, inside and out.



### WEEK 4: **MIND YOUR MIND**

Slow down, refocus, and recharge your mindset.





# JANUARY 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## Mindful Intentions:

Setting the Tone for the Year Ahead

January 12, 2026

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

Explore how reflection and mindfulness can help you set meaningful intentions for the year. This session offers practical strategies to focus on priorities, cultivate presence, and approach your goals with clarity and balance.

A photograph of a dark brown mug filled with tea, with white steam rising from it. The mug is on a saucer on a wooden surface. In the background, there are some blurred green plants.

Special Event

## WARM UP & WIND DOWN

### RESTORATIVE YOGA + TEA

January 12, 2026  
8pm AT / 7pm ET / 6pm CT / 5pm MT / 4pm PT

Celebrate **Hot Tea Day** with Trinh by bringing your favourite hot tea or beverage to a special Restorative Yoga session on January 12.



## Power in 10:

Maximizing Short Workouts

January 19, 2026

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

Discover how just 10 minutes of focused movement can deliver real results. This session is perfect for those who are new to exercise or have a busy schedule, highlighting simple, effective exercises that boost energy, strength, and mood.



## Fit in the Kitchen:

Brussels Sprouts

January 26, 2026

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

Celebrate Eat Brussels Sprouts Day with a live cooking demo featuring simple, delicious ways to enjoy this versatile vegetable. Participants receive a recipe to try at home, along with tips on flavour, preparation, and nutrition.

# FEBRUARY 2026 EVENTS



## MINDSET RESET

A Virtual Community Group 

February 6 - 27, 2026

Ready to feel lighter, clearer, and more in control of your day? Mindset Reset gives you a supportive space to pause, recharge, and strengthen your resilience.

This guided group blends quick, practical micro-practices with simple daily resets that make a real difference. If you want more clarity, balance, and ease in your everyday life, this is where it starts.

[Learn More](#) 



## OPTIMAL COFFEE TALK

Sip, Learn & Connect

### Your Heart, Your Health: A Conversation with Dr. Radha Joseph

February 4 at 12pm AT / 11am ET / 10am CT / 9am MT / 8am PT

Start Heart Health Month with a relaxed, engaging discussion led by Dr. Radha Joseph, an expert in General Internal Medicine and Vascular Medicine. We will touch on the essentials of keeping your heart healthy and the lifestyle choices that make a difference. A perfect session for anyone looking to better understand their heart health in a supportive, accessible format.

[Learn More](#) 

# FEBRUARY 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## The Parent Reset:

Easy Mindfulness Habits for Families

February 2, 2026

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

Discover how to create nutritious, delicious meals that the whole family can enjoy. Learn practical tips for balancing flavour and nutrition, making healthier ingredient swaps, and involving kids in the cooking process. Explore strategies for meal planning that accommodate varying tastes and dietary needs, while ensuring your family gets the nutrients they need.



## Heart Smart Fitness:

Building a Strong Foundation

February 9, 2026

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

Discover the importance of strength training, balance exercises, and flexibility in keeping your body strong and functional well into your 60s and beyond. Explore practical strategies to prevent injuries and maintain mobility, allowing you to stay active and independent as you age.



## Brain Fuel:

Foods That Support Memory & Focus

February 17, 2026

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

Discover the importance of recognizing non-scale milestones, such as increased strength, improved energy, better sleep, and enhanced confidence. Explore how tracking these wins can boost motivation and sustain progress, helping you stay committed to your health and fitness journey.



## Micro-Habits:

Tiny Changes with Big Impact

February 23, 2026

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

Discover the benefits of incorporating more plant-based foods into your diet for improved health and energy. Learn ways to boost your intake of fruits, vegetables, whole grains, legumes, and plant-based proteins. Explore delicious meal ideas and strategies for making plant foods a regular part of your meals, whether you're fully plant-based or just looking to add more variety.



# WELLNESSES 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 myFitness 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.

## And now, bonus points are here!

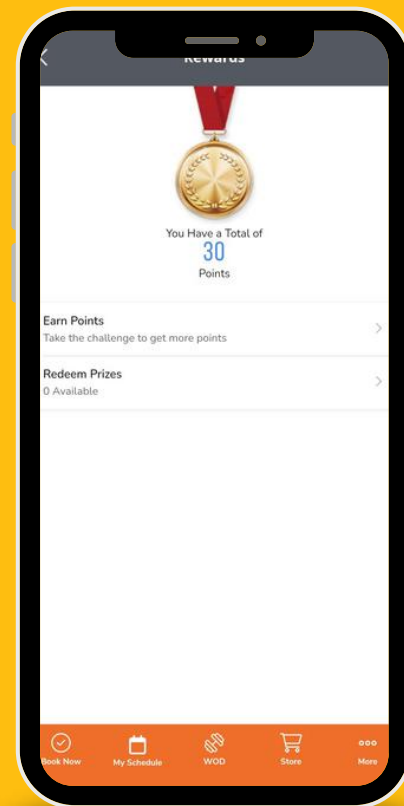
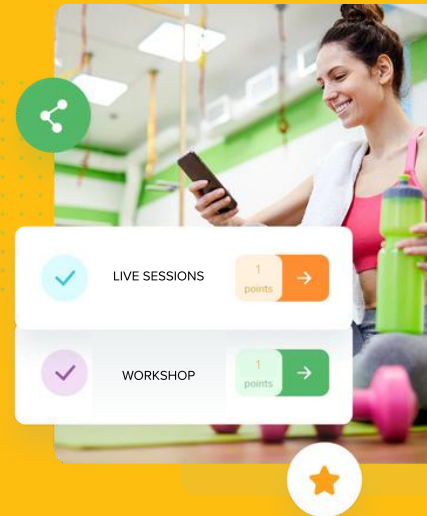
To help you stay motivated throughout the year, we're highlighting a different class style each month. When you join one of these targeted sessions, you'll automatically earn 2 points instead of 1.

### Monthly Double-Point Sessions

- January: Stretch sessions
- February: Strength sessions
- March: Cardio sessions

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!



# MARCH 2026 EVENTS



THE 28-DAY

## MACRO CHALLENGE

March 2 - 29, 2026

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!

Learn More



### OVER THE 4 WEEKS YOU'LL LEARN:

**How to build balanced meals** using simple macro basics so you feel energized, satisfied, and fueled throughout the day.



**How to spot easy nutrition wins** by adding more protein, fibre rich carbs, and healthy fats without restriction or stress



**How to use small daily shifts to support big health goals**, from stable energy to better mood and fewer cravings.



**How to create realistic eating routines that fit your lifestyle**, whether you cook at home, grab takeout, or mix both.





# MARCH 2026 EVENTS



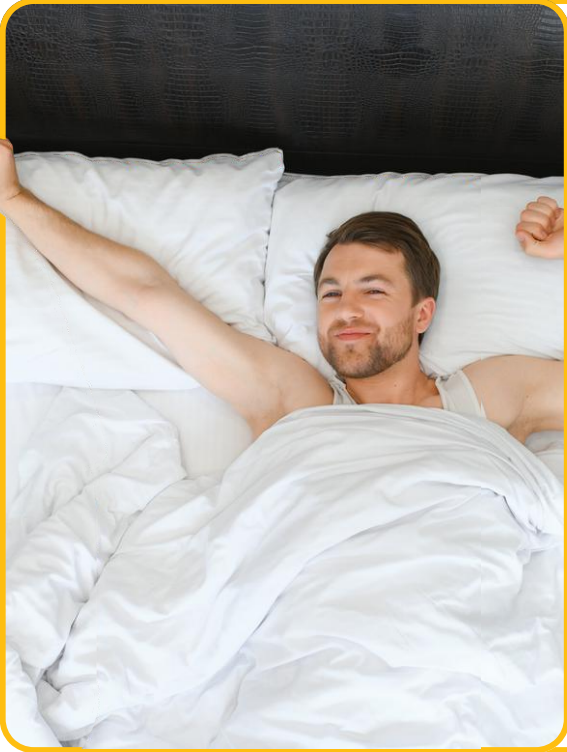
## FIT FOUNDATIONS

A Virtual Community Group 

March 2 - 29, 2026

Fit Foundations is a supportive 4-week community group that helps you build confidence and learn the basics of moving well. Each session focuses on practical skills like adding more activity to your day, mastering simple strength exercises with safe modifications, exploring low-impact cardio, and improving flexibility and mobility. By the end, you'll feel more capable, consistent, and ready to participate in virtual fitness with confidence.

[Learn More >](#)



## Sleep Challenge

March 2 - 7, 2026

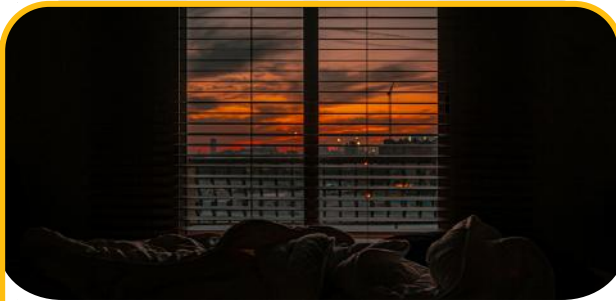
Struggling to get quality sleep? Worried about losing an hour of sleep as Daylight Savings begins?

Join our Sleep Challenge to build healthy sleep habits and wake up refreshed! From mindful breathing to setting up a calming sleep environment, this challenge helps you adjust to daylight saving time with more restful nights.

[Learn More >](#)

# MARCH 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## Evening Unwind:

Mindfulness Practices for Better Sleep

March 2, 2026

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

Discover simple mindfulness techniques to help calm the mind and prepare for restful sleep. This session highlights practices that can be adapted to any evening routine, supporting relaxation and preparing for Daylights Savings.



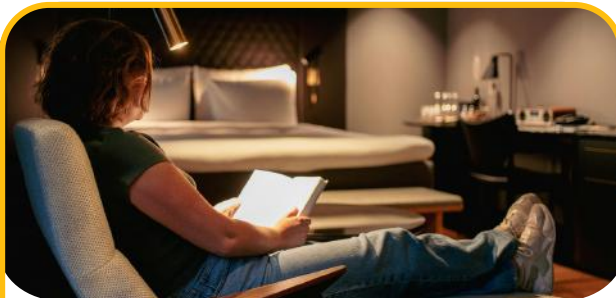
## Find Your Fitness WHY:

Moving Beyond Motivation

March 9, 2026

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

Explore steps to uncover your personal reasons for movement and fitness. This session guides participants through reflection and practical strategies to connect with deeper motivation and create lasting consistency.



## Read, Recharge, Repeat:

Building a Habit of Daily Reading

March 16, 2026

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

Discover how daily reading can boost focus, reduce stress, and expand your perspective. This session explores practical strategies to make reading a consistent habit while enjoying the cognitive and emotional benefits it provides.



## Fit In The Kitchen:

Waffles

March 23, 2026

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

Celebrate Waffle Day with a live cooking demo featuring simple, delicious ways to make waffles from scratch or with creative twists. Participants receive a recipe and tips on ingredients, flavour, and nutrition to try at home.

# 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!



*my*.Fitness

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

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