



PROGRAM GUIDE

VIRTUAL FITNESS &
WELLNESS PROGRAM

FALL 2025

**Build healthy
habits for life**
~ Page 8

LIV unLtd

Welcome to Optimal!

Welcome to Optimal - 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:

As routines reset and the pace picks up, fall is the perfect time to refocus on your well-being. Small daily actions like daily stretch breaks or mindful movement can have a big impact on your energy and focus. Join our 21-Day Habit Challenge and take simple steps toward feeling your best this season! More on page 8.

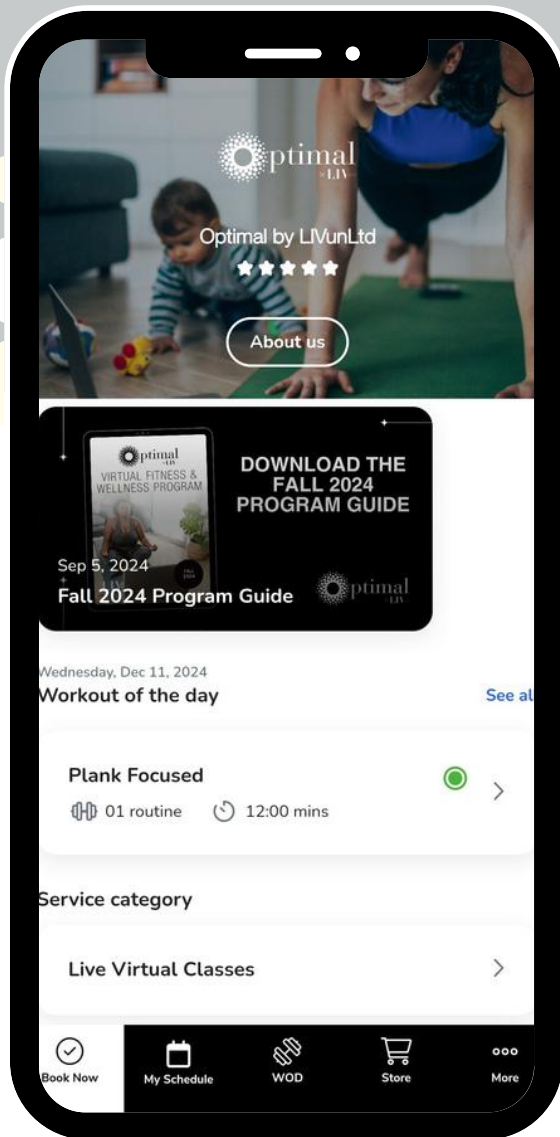
LIVunLtd is the North American leader in fitness and wellness program management. With over 45 years of experience, we employ award winning and industry leading staff, from coast to coast, so you can be sure that the services you use are safe and effective.

Table of Contents

4	Get the Optimal App
5	Les Mills On Demand
6	Virtual Class Schedule - September - December 2025
8	September Events
9	September Workshops
10	October Events
11	October Workshops
12	Stackable Workouts
13	Team Sessions
14	November Events
15	November Workshops
16	December Events
17	December Workshops
18	Wellness Rewards
19	LIVunLtd Fitness Equipment

FIND MORE AT WWW.OPTIMAL.VIRTUALBYLIV.COM

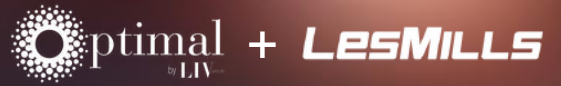
GET THE APP STAY CONNECTED



With the Optimal by LIVunLtd app you get:

- **Push Notifications**
Never miss a class or workshop again with confirmation and reminder notifications
- **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!





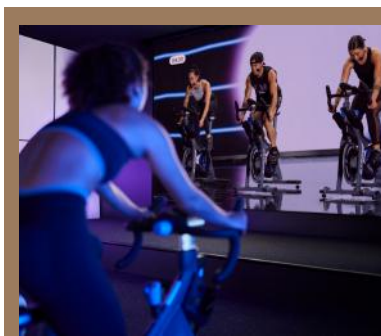
EXPERIENCE LES MILLS VIRTUAL

HUNDREDS OF SCIENTIFICALLY-BACKED WORKOUTS,
IN CINEMATIC QUALITY, VIRTUALLY, ANYTIME.

Les Mills - a global leader in group fitness classes - has over 300 on demand videos available in the Optimal by LIVunLtd platform. These sessions are a part of our class schedule and are a great addition to our live streaming classes!

These classes can be found in our schedule and booked like a live streaming session, or in your On Demand section under the Les Mills heading.

[CLICK HERE](#) to watch a short video about Les Mills On Demand.



Looking for a Cycling Class?

Give RPM, Sprint or The Trip a try! Find them in the On Demand section!



LIVunLtd

FALL SCHEDULE

OPTIMAL SCHEDULE

September 2-

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

Monday	Tuesday	Wednesday
Upper Body Burn 6:55-7:05am <i>Amanda</i>	Core Flow 6:55-7:05am <i>Tab</i>	Core Circuit 6:55-7:05am
HIIT 7:10 - 7:40am <i>Amanda</i>	Triple Target 7:10 - 7:40am <i>Tab</i>	Strong 7:10 - 7:40am
Mobility Boost 7:45 - 7:55am <i>Amanda</i>	Mobility Boost 7:45 - 7:55am <i>Tab</i>	Mobility Boost 7:45 - 7:55am
BodyPump 9 - 9:30am  LES MILLS	BodyBalance 9 - 9:30am  LES MILLS	BodyAttack 9 - 9:30am  LES MILLS
Stretch: Back & Posture 11:30-11:45am <i>Ashlee</i>	Stretch 11:30-11:45am <i>Ashlee</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Ama</i>
Cardio Blast 11:50am-12pm <i>Ashlee</i>	Core Circuit 11:50am-12pm <i>Ashlee</i>	Lower Body Burn 11:50am-12pm <i>Amar</i>
Strong 12:10-12:40pm <i>Ashlee</i>	Cardio Sculpt 12:10-12:40pm <i>Ashlee</i>	Cardio Boxing 12:10-12:40pm <i>Ama</i>
Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm <i>M</i>
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Par</i>
Zumba 2:10-2:40pm <i>Caitlynn</i>	Cycle 2:10-2:40pm  LES MILLS	Cardio Sculpt 2:10-2:40pm <i>Pa</i>
Stretch Upper Body 5-5:15pm  LES MILLS	BodyBalance 5-5:15pm  LES MILLS	Yoga Fusion 4:30-5:15pm <i>T</i>
Core Flow 6:45-6:55pm <i>Trinh</i>	Mobility Boost 6:45-6:55pm <i>Maria</i>	Core Circuit 6:45-6:55pm
Yoga 7-7:45pm <i>Trinh</i>	Zumba 7-7:30pm <i>Maria</i>	Cardio Sculpt 7-7:30pm
BodyBalance 9-9:30pm  LES MILLS	BodyCombat 9-9:30pm  LES MILLS	BodyPump 9-9:30pm  LES MILLS

Register and join classes via the Optimal Member



optimal.virtua

RE to see times in your time zone and class descriptions.

Thursday		Friday		Saturday		Sunday	
Deb	Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann		BodyPump 9-9:45pm LESMILLS		Dance 9-9:45pm LESMILLS	
Deb	Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann		BodyCombat 10-10:45am LESMILLS		BodyAttack 10-10:45am LESMILLS	
Deb	Core Circuit 7:45 - 7:55am Lisa	Mobility Boost 7:45 - 7:55am Ann		BodyAttack 11-11:45am LESMILLS		Core 11-11:45am LESMILLS	
ILLS	Dance 9 - 9:30am LESMILLS	BodyCombat 9 - 9:30am LESMILLS		BodyBalance 12-12:45pm LESMILLS		Cycle 12-12:45pm LESMILLS	
nda	Stretch 11:30-11:45am Lisa	Stretch: Hips, Wrist, Legs 11:30-11:45am Maria		Dance 1-1:45 LESMILLS		BodyPump 1-1:45 LESMILLS	
nda	Core Flow 11:50am-12pm Lisa	Upper Body Burn 11:50am-12pm Maria		Core 2-2:45pm LESMILLS		BodyCombat 2-2:45pm LESMILLS	
nda	HIIT 12:10-12:40pm Lisa	Triple Target 12:10-12:40pm Maria		Cycle 3-3:45pm LESMILLS		BodyBalance 3-3:45pm LESMILLS	
at	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 Les Mills On Demand 			
ige	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Criss					
ige	Core 2:10-2:40pm LESMILLS	Pilates Fusion 2:10-2:40pm Criss					
rinh	Stretch Hip Mobility 5-5:15pm LESMILLS	Stretch Spine Mobility 5-5:15pm LESMILLS					
	BodyPump Lower Body 6:45-7pm LESMILLS	BodyPump Arms 6:45-7pm LESMILLS					
	Grit: Cardio 7-7:30pm LESMILLS	Grit: Strength 7-7:30pm LESMILLS					
ILLS	Cycle 9-9:30pm LESMILLS	BodyAttack 9-9:30pm LESMILLS					

er Portal or App. All sessions stream on Zoom. The passcode to join is virtual.



SEPTEMBER 2025 EVENTS



THE 21-DAY **HABIT CHALLENGE**

September 8 - 28, 2025

Can you put your health first for just 21 days?

Ditch the “I’ll start next Monday” mindset with 21 daily, bite-sized habits anyone can stick to with the 21-Day Habit Challenge!

Includes Success Guide, weekly emails, worksheets and ongoing support!

[Learn More](#)



B A L A N C E **BINGO**

September 15-19, 2025

Strike a pose. Find your balance. Win a prize!

Join us for a fun and energizing week-long challenge that puts your stability and focus to the test! The Balance BINGO Challenge invites you to complete balance poses from our special 3x3 BINGO card. Your goal? Try the poses and aim to complete a row-horizontal, vertical, or diagonal.

[Learn More](#)



SEPTEMBER 2025 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



The Importance of Self-Care: Quick Strategies to Recharge

September 3, 2025
3pm AT / 2pm ET / 12pm MT / 11am PT

In this session, learn how to prioritize self-care with simple yet powerful strategies to help you recharge and maintain balance. Discover quick techniques for managing stress, boosting energy, and improving your overall well-being, all while fitting them into your busy routine.



Fitness in Your 50s: Staying Active and Agile

September 8, 2025
11am AT / 10am ET / 8am MT / 7am PT

Learn how to maintain mobility, strength, and agility as you enter your 50s. Discover the importance of balanced exercise routines to keep your body strong and functional. Explore strategies to prevent injury and improve joint health, while adapting to your body's changing needs.



Healthy Habits: Building a Better You

September 17, 2025
3pm AT / 2pm ET / 12pm MT / 11am PT

In this session, explore how to create sustainable, positive habits that lead to lasting change. Learn practical strategies for building healthy routines around fitness, nutrition, sleep, and self-care. Discover how small, consistent actions can compound to improve your overall well-being.

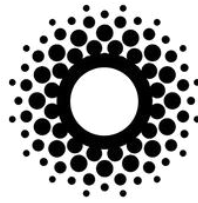


Walking Meditations: Mindfulness in Motion

September 22, 2025
11am AT / 10am ET / 8am MT / 7am PT

Discover the art of walking meditation, a simple yet powerful practice to combine mindfulness with movement. Learn how to focus your attention on your breath, surroundings, and body while walking, creating a calming and grounding experience. Explore how this practice can help reduce stress and enhance mental clarity.

OCTOBER 2025 EVENTS



OPTIMIZE
Virtual Wellness Fair
by LIV^{un} Ltd

October 21-24, 2025

Join us for 4 days of learning and connection with Optimize - a virtual wellness fair from LIVunLtd. The 4 days will feature sessions relating to nutrition, mental wellness, physical fitness and more. These sessions are FREE and best of all, you could win a prize just for attending a session!

[Learn More](#)



Check out our Optimize 2025 Sessions!



From My Kitchen:
The Power of
Fermented Foods

Presented by
Amanda Scott

Tuesday,
October 21



Strong Foundations:
Empower your (pelvic)
core, protect your
health.

Presented by
Lifemark

Wednesday,
October 22



Neural Nitro: Simple
strategies to de-stress
and optimise brain
function.

Presented by
Ben McDonald

Thursday,
October 23



From Chaos to Clarity:
Unlocking the Benefits
of Brain Dumping

Presented by
Meghan Mackey-Ng

Friday,
October 24

More details coming soon!



OCTOBER 2025 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



Family-Friendly Nutrition: Making Meals Everyone Will Love

October 1, 2025
3pm AT / 2pm ET / 12pm MT / 11am PT

Discover how to create nutritious, delicious meals that the whole family can enjoy. Learn practical tips for balancing flavor 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.



Fitness in Your 60s and Beyond: Moving for Longevity

October 6, 2025
11am AT / 10am ET / 8am MT / 7am 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.



Celebrate Progress: Recognizing Non-Scale Victories

October 15, 2025
3pm AT / 2pm ET / 12pm MT / 11am 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.



Power Up with Plants: Adding More Plant Foods to Your Plate

October 27, 2025
11am AT / 10am ET / 8am MT / 7am 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.

stackable workouts



SHORT

all workouts are 12 minutes or less



EASY TO FOLLOW

choose your workout, press play, follow along with modifications and timers



EQUIPMENT OR NO EQUIPMENT

use what you have or nothing at all - option to choose body weight or dumbbell/weighted sessions



CREATE A CUSTOM WORKOUT

use one session for an exercise break, or stack two, three or even four sessions together to build a customized, catered workout just for you

Find Stackable Workouts in your On Demand section or learn more by visiting us online at optimal.virtualbyliv.com/stackable.



TEAM SESSIONS

with  **ptimal**
by LIV

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

With Optimal by LIVunLtd, 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 optimal@livunltd.com to book your Optimal Team Session today!

NOVEMBER 2025 EVENTS



ROLLVEMBER

by LIV

November 1 - 30, 2025

Get ready for ROLLvember, our month-long game that turns showing up into winning big! Every live class you attend moves our token forward on the game board and earns you a ballot for the ROLLvember Prize Pack, featuring mini resistance bands and cork massage balls.

No sign-up needed-just join a class, have fun, and keep rolling toward your wellness goals!

[Learn More](#)



Fridge clean out challenge

November 10 - 14, 2025

Is your fridge a source of inspiration or frustration? Let's clear the clutter, physically and mentally, with the Fridge Clean Out Challenge! In celebration of National Clean Your Fridge Day on November 15, we're taking a fresh approach to health by starting where many of our decisions begin: the fridge.

Be sure to join our Fridge Fix workshop on November 10 to get yourself inspired and ready to go!

[Learn More](#)



NOVEMBER 2025 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



Fit in the Kitchen - Healthy Nacho for Nacho Day

November 5, 2025
3pm AT / 2pm ET / 12pm MT / 11am PT

Celebrate Nacho Day (November 6) with a live cooking demo that puts a healthy twist on everyone's favorite snack! In this session, we'll show you how to create a delicious and nutritious version of nachos using wholesome ingredients. Get the recipe ahead of time so you can cook along with us and learn tips for making nachos that are both satisfying and guilt-free.



The Fridge Fix: Organize for Better Nutrition

November 10, 2025
11am AT / 10am ET / 8am MT / 7am PT

Discover how a well-organized fridge can set you up for healthier eating habits. Learn practical tips to make nutritious choices more accessible, reduce food waste, and save time during busy weekdays. From smart storage solutions to easy meal-prepping hacks, you'll gain strategies for keeping your fridge stocked and organized to support your nutrition goals.



Stress Less, Celebrate More: Mindful Tips for the Holidays

November 19, 2025
3pm AT / 2pm ET / 12pm MT / 11am PT

In this session, learn how to navigate the holiday season with more joy and less stress. Discover simple mindfulness techniques to stay grounded, manage holiday pressures, and fully embrace the festive moments. Explore practical strategies for setting boundaries, practicing gratitude, and finding balance, so you can celebrate without feeling overwhelmed.

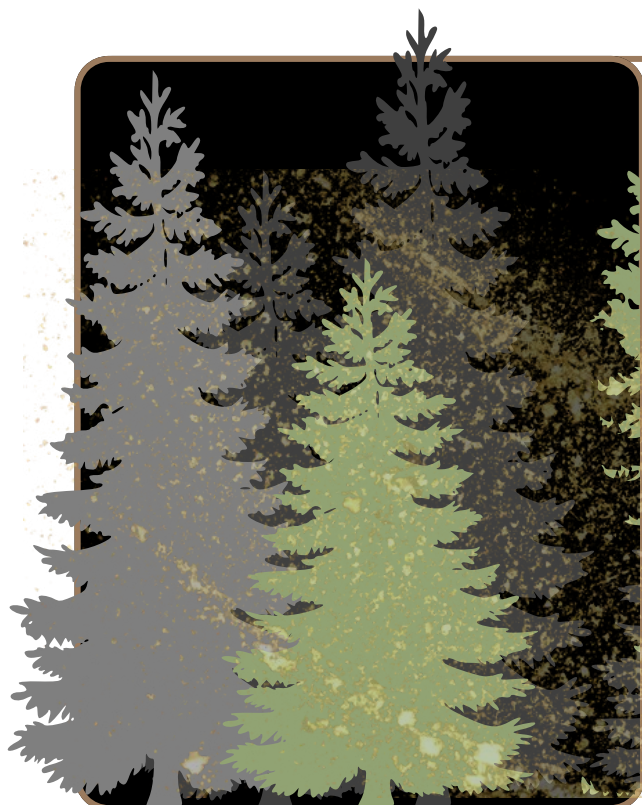


Lighten Your Mood: Boosting Mental Well-Being in the Dark Months

November 24, 2025
11am AT / 10am ET / 8am MT / 7am PT

In this uplifting session, discover strategies to enhance your mental well-being during the darker, colder months. Learn how to combat the winter blues with practical tips like increasing light exposure, staying active, and practicing self-care. Explore ways to boost your mood, build resilience, and maintain a positive mindset even when the days are short.

DECEMBER 2025 EVENTS

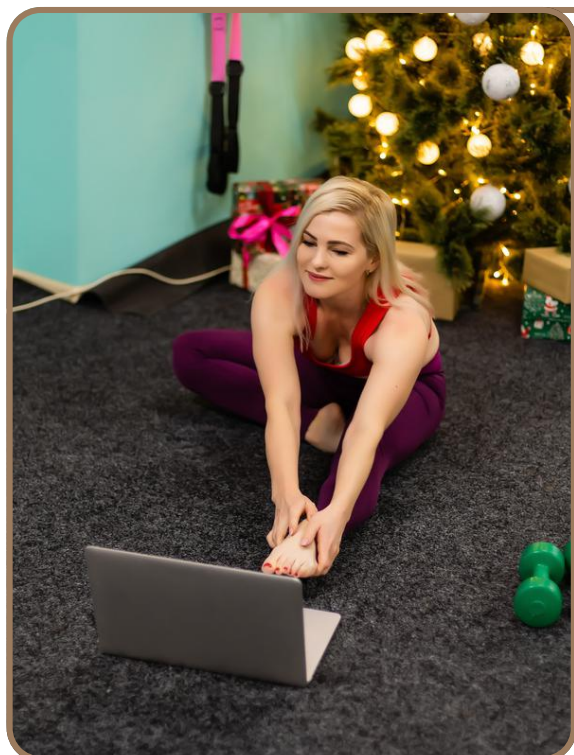


The 12 days of FITNESS

December 1 - 12, 2025

Get ready for a festive fitness countdown that builds just like the classic holiday song! In The 12 Days of Fitness, you'll start with one move on day one, then add a new exercise each day until you're doing all twelve in a fun, full-body workout. It's quick, energizing, and the perfect way to keep moving and motivated through the holiday season.

[Learn More](#)



HOLIDAY SCHEDULE

December 15 - 19, 2025

We're wrapping up the year with a week of festive fun! From December 15–19, our instructors will be decking the halls (and their workout spaces) with holiday tunes, décor, and themed outfits.

It's our lively send-off before we take a break from live classes - come sweat, smile, and celebrate the season with us

[View Schedule](#)



DECEMBER 2025 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



Mindful Eating During the Holidays: Savor and Enjoy

December 1, 2025
11am AT / 10am ET / 8am MT / 7am PT

In this session, learn how to enjoy the holiday treats and meals without feeling guilty or overindulging. Discover the principles of mindful eating, which help you savor each bite and tune into your body's hunger cues. Explore tips for navigating holiday gatherings with ease, setting boundaries, and making conscious choices that nourish both your body and your enjoyment.



Festive Flexibility: Simple Stretches for Holiday Relief

December 10, 2025
3pm AT / 2pm ET / 12pm MT / 11am PT

In this session, discover easy and effective stretches to help you stay flexible and reduce holiday stress. Learn simple movements that can alleviate tension from shopping, traveling, or long hours of sitting. These stretches can be done anywhere, making it easy to fit in a quick break during your busy holiday schedule.



Staying Strong Through Winter: Fitness Strategies for the Dark Months

December 15, 2025
11am AT / 10am ET / 8am MT / 7am PT

Discover fitness strategies to keep you active and strong during the winter season. Learn how to adapt your workouts to colder weather, stay motivated when daylight is limited, and maintain strength and endurance despite the season. Explore indoor workout ideas, tips for boosting energy, and how to create a fitness routine that supports your goals year-round.



Thank you for an
amazing 2025!

Amanda & Mat

WELLNESS REWARDS



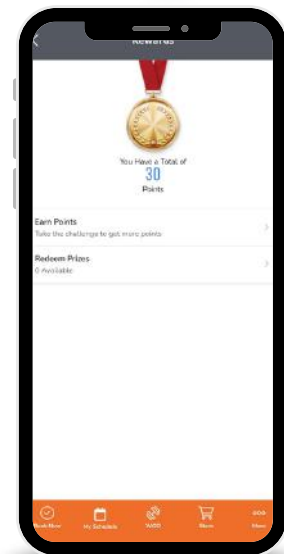
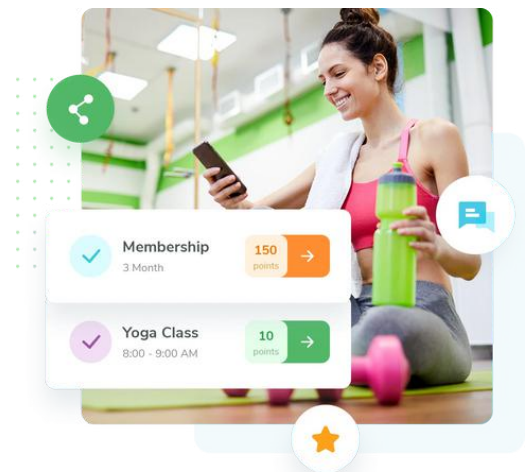
YOUR HEALTHY HABITS JUST GOT EVEN MORE REWARDING!

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.

Rack up 10 points, and you'll receive a ballot for our monthly draw for 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!

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!





UNLEASH YOUR PEAK PERFORMANCE

PREMIUM COMMERCIAL & HOME FITNESS EQUIPMENT

From elite training facilities to inspiring home gyms, we provide industry-leading cardio and strength equipment engineered for results. Whether you're outfitting a club, training center, or your personal workout space, our expert team is ready to help you bring your vision to life.

Explore our full range of fitness solutions at:

LifeFitnessCanada.com

LifeFitness

**HAMMER
STRENGTH®**

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