

THE AMENITY EDGE

PROPERTY EXCELLENCE | RESIDENT EXPERIENCE | WELLNESS REDEFINED

2025's Top 10 Must-Have Wellness Amenities

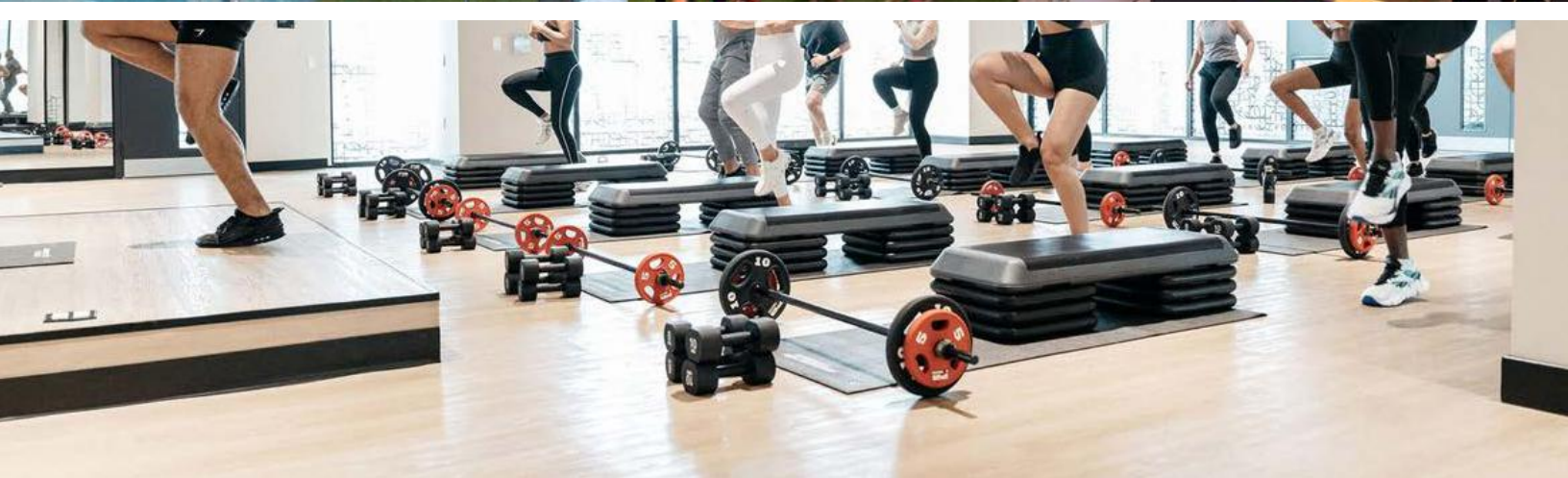
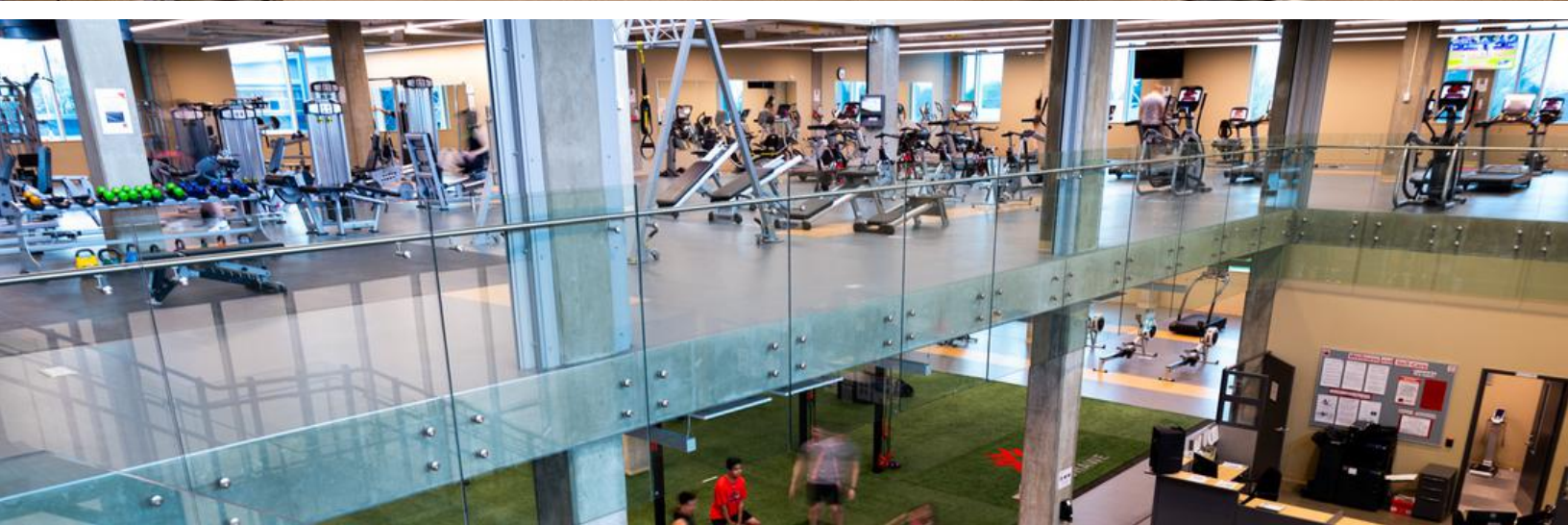
What Today's Tenants Expect — And Tomorrow's Will Demand

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LIVunLtd

ELEVATING SPACES. ENRICHING LIVES.

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A Message from the LIVunLtd Fitness Management Team

At LIVunLtd, we know that fitness, wellness, and recreation aren't just amenities — they're expectations. They're what transform a building into a community, and what turn everyday spaces into destinations where people feel energized, supported, and at home.

As a leader in amenity and lifestyle management, our team has partnered with some of the most innovative residential and commercial properties across North America. We've seen firsthand how the right wellness offerings can elevate a property — improving tenant satisfaction, boosting retention, and creating a true sense of belonging.

This guide, Amenity Edge, was created to give you insight into the top fitness and wellness amenities that today's tenants want — and tomorrow's will expect. Whether you're building from the ground up or refreshing an existing space, these trends and strategies are designed to help you stay ahead.

From on-site fitness programs and recovery spaces to engaging virtual wellness platforms, we're here to help you create meaningful, results-driven amenity experiences.

Thanks for joining us. Let's raise the standard and redefine what's possible.

In health and partnership,
The LIVunLtd Fitness Management Team



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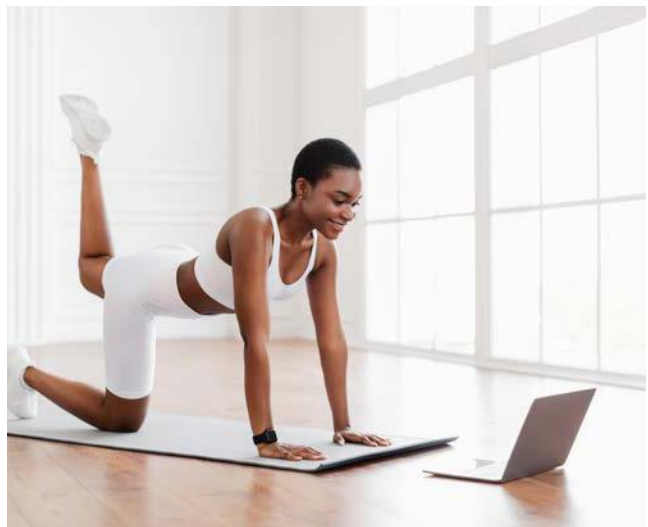
Virtual Fitness & Wellness Platform



Wellness on demand, anytime, anywhere.

From yoga and mindfulness to cardio and strength training, an on-demand platform lets residents access expert-led classes whenever it fits their schedule — a must for busy professionals and shift workers.

Bonus: Include live class options and challenges for added engagement.



On-Site Fitness Center



A staple done right.

Even a modest gym with essential cardio and strength equipment can be a major draw. Add functional training tools like TRX, kettlebells, and mats for more dynamic workouts.

Pro Tip: Mirrors, lighting, and layout matter as much as equipment!

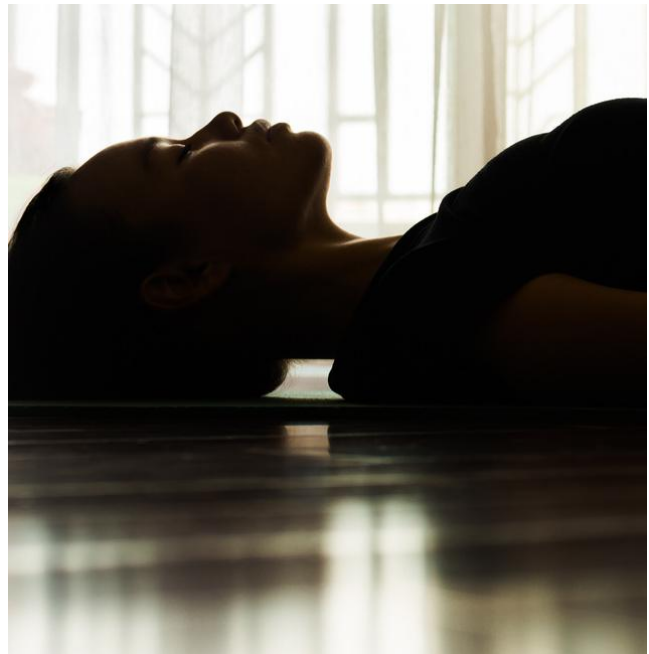


3 Mindfulness or Meditation Room



A space to pause, breathe, and reset.

A quiet, thoughtfully designed room encourages daily meditation, breathwork, or stretching — offering mental balance in fast-paced urban living.



Outdoor Fitness or Movement Space

4



Wellness meets the outdoors.

Yoga decks, open-air fitness zones, or simple green spaces for movement foster both physical activity and mental rejuvenation.

Upgrade: Add fitness signage, resistance stations, or soft turf.



5 Group Fitness Studio with Scheduled Classes



Community through movement.

On-site group classes (HIIT, yoga, Pilates, Zumba, bootcamps) create opportunities for residents to connect, stay active, and feel energized.

Hybrid model: Combine in-person sessions with livestream options.



Wellness Programming & Events



More than just a gym — it's a lifestyle.

Host monthly wellness workshops, health challenges, seasonal events, and guest expert talks. Think: sleep clinics, healthy cooking demos, or "Wellness Wednesday" series.



7 Recovery Amenities



Help residents recharge their bodies.

Cold plunges, infrared saunas, massage chairs, or guided stretching zones support muscle recovery and overall wellbeing.

Even a small dedicated space makes a big impact.



Recreational Amenities

8



Let play fuel connection.

Basketball courts, pickleball courts, ping pong tables, billiards, and even board game lounges provide active fun for all ages and lifestyles.

Added value: Fosters community and organic interaction.

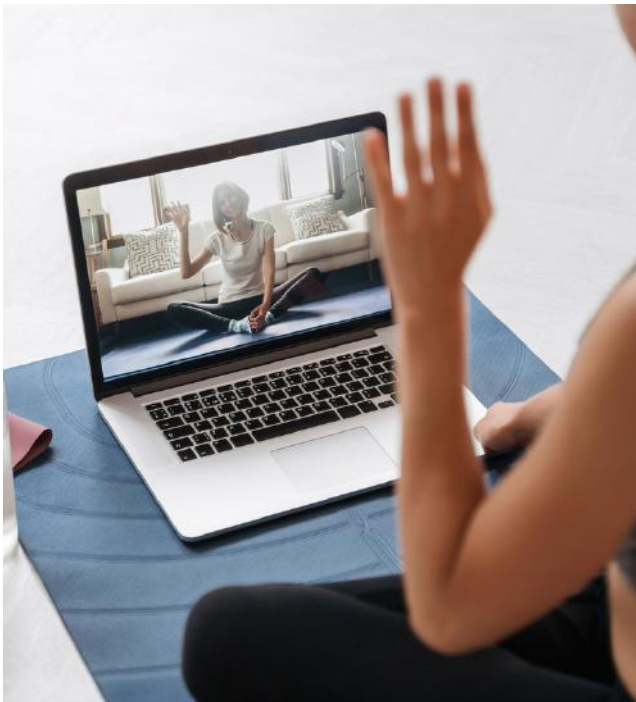


9 Wellness Concierge or Virtual Coaching



Guided wellness for better outcomes.

Whether it's access to a wellness concierge, digital coaching, or curated wellness plans — a human touch helps residents stick to their health goals

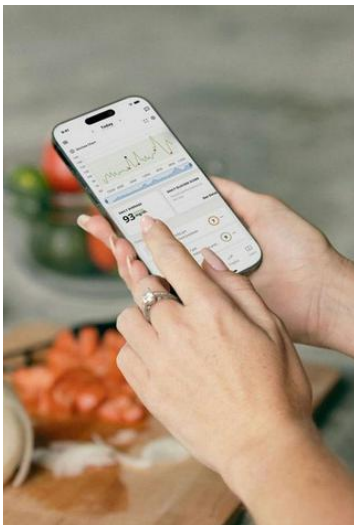


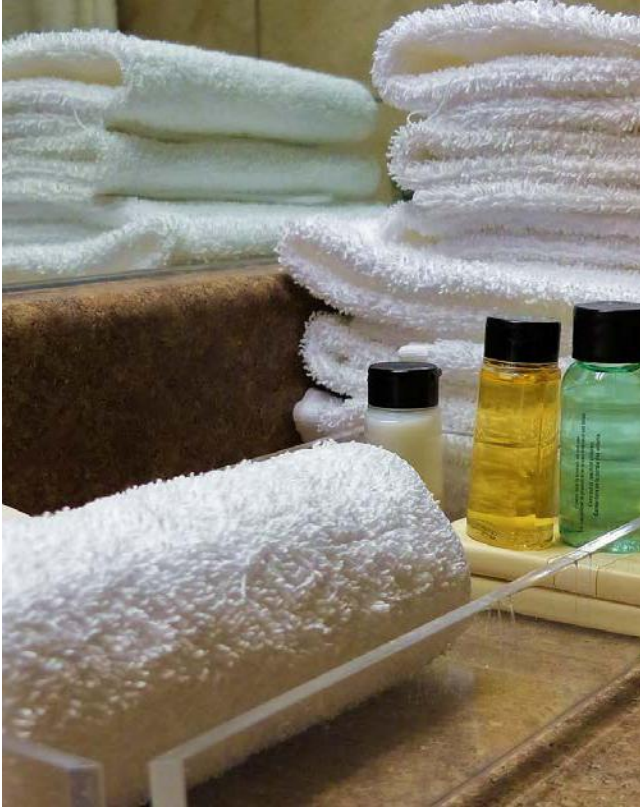
Fitness & Wellness App or Tenant Portal Integration



Wellness, simplified.

An easy-to-use app that connects residents to fitness class schedules, wellness content, event sign-ups, and wellness tracking enhances participation and satisfaction.

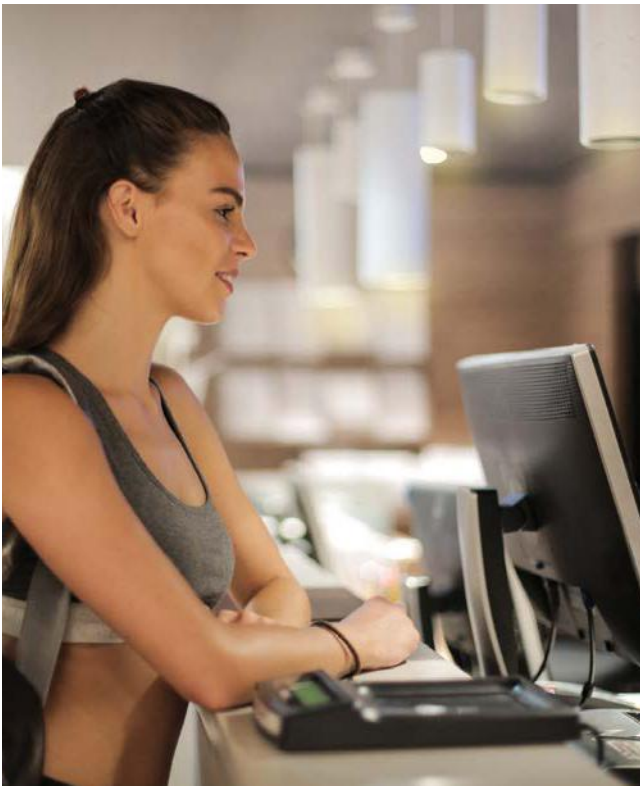




Today's tenants are looking for more than a place to live or work - they're searching for a place that supports their health, balances their lifestyle, and inspires daily wellbeing. The right fitness, wellness, and recreation amenities can be the difference between a building they stay in and a building they rave about.

At LIVunLtd, we specialize in transforming spaces into thriving wellness destinations - with seamless management, dynamic programming, and a resident-first mindset that elevates the entire property experience.

Whether you're refreshing your amenity spaces, looking to launch new wellness services, or starting from blueprint to brand - our team is here to help you deliver the kind of value your residents remember.



Ready to reimagine your amenity experience?

Let's make wellness your competitive edge.

Book your complimentary 30 minute consultation today!

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