



WellNorth

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 WellNorth!

## Welcome to WellNorth - 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 WellNorth  
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.**

---

**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

## 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 WellNorth at [well-north.com](http://well-north.com).**

### Have you checked out the Optimal Blog?

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

**CLICK HERE** to check it out!



**LIV**unLtd



# CLASS SCHEDULE

## WELLNORTH SCHEDULE

June 29 - September 6, 2026

Monday		Tuesday		Wednesday	
<b>Upper Body Burn</b> 6:55-7:05am	Karen	<b>Cardio Blast</b> 6:55-7:05am	Tab	<b>Core Circuit</b> 6:55-7:05am	
<b>HIIT</b> 7:10 - 7:40am	Karen	<b>Triple Target</b> 7:10 - 7:40am	Tab	<b>Strong</b> 7:10 - 7:40am	
<b>Energize Stretch</b> 7:45 - 7:55am	Karen	<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</b> 11:30-11:45am	Heather	<b>Stretch : Back &amp; Posture</b> 11:30-11:45am	Heather	<b>Stretch</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	Julia	<b>Stretch</b> 1:50-2pm	Caitlynn	<b>Stretch</b> 1:50-2pm	
<b>Barre Fusion</b> 2:10-2:40pm	Julia	<b>Upper Body Burn</b> 2:10-2:20pm	Caitlynn	<b>Lower Body Burn</b> 2:10-2:20pm	
<b>Ride</b> 4:30-5pm	Mia	<b>Pilates Fusion</b> 4:30-5pm	Criss	<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		<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 e

All sessions st



wellnorth.co

Wednesday	Thursday	Friday	Saturday	Sunday
Deb Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann	Strong 9-9:30am	HIIT 9-9:30am	
Deb Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann	Stretch 10-10:15am	Stretch 10-10:15am	
Deb Core Flow 7:45 - 7:55am Lisa	Energize Stretch 7:45 - 7:55am Ann	Cardio Sculpt 11-11:30am	Cardio Boxing 11-11:30am	
Strong 9 - 9:30am	Ride 10 - 10:30am	Core Flow 12-12:10pm	Core Circuit 12-12:10pm	
Lisa Stretch : Neck & Shoulder 11:30-11:45am Amanda	Stretch 11:30-11:45am Alissa	Yoga 1-1:45	Triple Target 1-1:45	
Lisa Upper Body Burn 11:50am-12pm Amanda	Core Circuit 11:50am-12pm Alissa	Upper Body Burn 2-2:10pm	Lower Body Burn 2-2:10pm	
Lisa Cardio Boxing 12:10-12:40pm Amanda	Strong 12:10-12:40pm Alissa	Ride 3-3:30pm	Pilates Fusion 3-3:30pm	
Mat Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	<p>Head to <a href="http://well-north.com">well-north.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; border: 1px solid black; margin-right: 5px;"></span> Mindfulness</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #DDA0DD; border: 1px solid black; margin-right: 5px;"></span> 10 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></span> 15 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> 30 minute class</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #4682B4; border: 1px solid black; 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; vertical-align: middle;"></span> On Demand Video</li> </ul>		
Olivia Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Criss			
Olivia Low Impact Sweat 2:10-2:20pm Caitlynn	Pilates Fusion 2:10-2:40pm Criss			
Trinh Cardio Sculpt 4:30-5pm	Strong 4:30-5pm			
Core Circuit 6:45-6:55pm	Energize Stretch 6:45-7pm			
Strong 7-7:10pm	Cardio Boxing 7-7:30pm			
Ride 9-9:30pm	Yoga 9-9:30pm			

Join our classes via the WellNorth Member Portal or App.

Stream on Zoom. The passcode to join is virtual.



# 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.

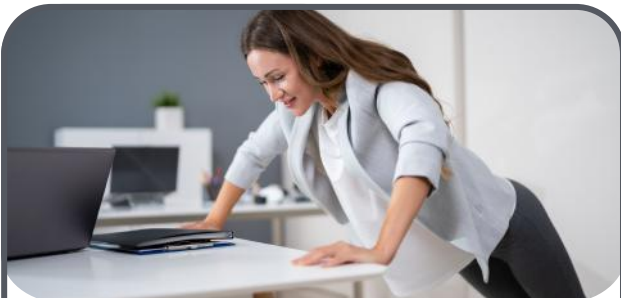


## **Balance Matters: Simple Drills for Stability**

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.

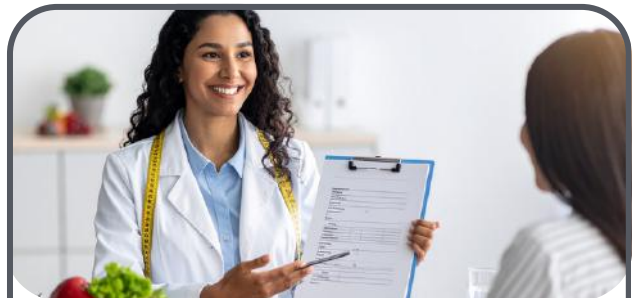


## **Microdosing Movement: Minimal time & Maximum impact**

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!



# WellNorth

[well-north.com](http://well-north.com)

[wellnorth@livunltd.com](mailto:wellnorth@livunltd.com)