

HEALTHHUB



CLUBSANTÉ

SUMMER 2026

PROGRAM GUIDE

VIRTUAL FITNESS &
WELLNESS PROGRAM

Take your Wellness
Rewards points to
the max with
Wellness Wins!
~ Page 6

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Welcome to The Health Hub!

Welcome to the Health Hub - the TJX Canada Employee Wellness Program.

This service is free of charge to all employees of TJX Canada.

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 FREE Virtual Health Hub 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.

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See the full class schedule for July to August 2026

06 July 2026

Check out the Wellness Wins Challenge and boost your rewards!

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 the Health Hub at healthhubcanada.com](https://healthhubcanada.com)



Have you checked out the Blog?

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

[CLICK HERE](#) to check it out!



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CLASS SCHEDULE

Health Hub Virtual So

June 29 - September 6, 2026

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

Monday	Tuesday	Wednesday
Upper Body Burn 6:55-7:05am Karen	Cardio Blast 6:55-7:05am Tab	Core Circuit 6:55-7:05am
HIIT 7:10 - 7:40am Karen	Triple Target 7:10 - 7:40am Tab	Strong 7:10 - 7:40am
Energize Stretch 7:45 - 7:55am Karen	Core Circuit 7:45 - 7:55am Tab	Energize Stretch 7:45 - 7:55am
Cardio Sculpt 10 - 10:30am 	Yoga 9 - 9:30am 	HIIT 10 - 10:30am
Stretch 11:30-11:45am Heather	Stretch : Back & Posture 11:30-11:45am Heather	Stretch 11:30-11:45am
Cardio Blast 11:50am-12pm Heather	Lower Body Burn 11:50am-12pm Heather	Core Flow 11:50am-12pm
Pilates Fusion 12:10-12:40pm Heather	Cardio Sculpt 12:10-12:40pm Heather	Triple Target 12:10-12:40pm
Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm
Stretch 1:50-2pm Julia	Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm
Barre Fusion 2:10-2:40pm Julia	Upper Body Burn 2:10-2:20pm Caitlynn	Lower Body Burn 2:10-2:20pm
Ride 4:30-5pm Mia	Pilates Fusion 4:30-5pm Criss	Yoga Fusion 4:30-5:15pm
Core Flow 6:45-6:55pm Trinh	Energize Stretch 6:45-6:55pm 	Stretch 6:45-6:55pm
Yoga 7-7:45pm Trinh	Zumba 7-7:30pm	Triple Target 7-7:30pm
Triple Target 9-9:30pm 	Strong 9-9:30pm 	HIIT 9-9:30pm

Register and jo







All sessions stre



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in your time zone and class descriptions.

Wednesday	Thursday	Friday	Saturday	Sunday
Lower Body Burn 6:55-7:05am Lisa	Core Flow 6:55-7:05am Ann	Strong 9-9:30am	HIIT 9-9:30am	
Yoga 7:10 - 7:40am Lisa	Cardio Sculpt 7:10 - 7:40am Ann	Stretch 10-10:15am	Stretch 10-10:15am	
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	
Stretch : Neck & Shoulder 11:30-11:45am Amanda	Stretch 11:30-11:45am Alissa	Yoga Fusion 1-1:45	Triple Target 1-1:30	
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	
Cardio Boxing 12:10-12:40pm Amanda	Strong 12:10-12:40pm Alissa	Ride 3-3:30pm	Pilates Fusion 3-3:30pm	
Calm 1:30-1:40pm Mat	Calm 1:30-1:40pm Mat	Head to HealthHubCanada.com to see full class descriptions		
Stretch 1:50-2pm Caitlynn	Stretch 1:50-2pm Criss	 Mindfulness		
Low Impact Sweat 2:10-2:20pm Caitlynn	Pilates Fusion 2:10-2:40pm Criss	 10 minute class		
Cardio Sculpt 4:30-5pm	Strong 4:30-5pm	 15 minute class		
Core Circuit 6:45-6:55pm	Energize Stretch 6:45-7pm	 30 minute class		
Strong 7-7:10pm	Cardio Boxing 7-7:30pm	 45 minute class		
Ride 9-9:30pm	Yoga 9-9:30pm	 On Demand Video		

in classes via the Health Hub Portal or App.
 eam 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 >](#)

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SORE BACK?

TAKE A 15 MINUTE STRETCH SESSION ON HEALTH HUB VIRTUAL



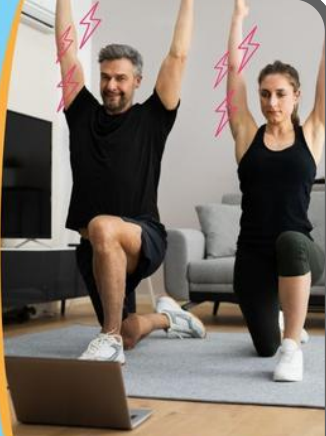
- Loosen tight muscles
- Improve posture
- Move better, feel better
- Stay strong on your feet

Join today for FREE!
Visit healthhubcanada.com/classes

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NEED MORE ENERGY?

TRY A 10 MINUTE MOVE SESSION ON THE HEALTH HUB



- Boost your energy
- Increase strength
- Feel good, move more
- Better shifts, better you

Join today for FREE!
Visit healthhubcanada.com/classes

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

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

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.

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

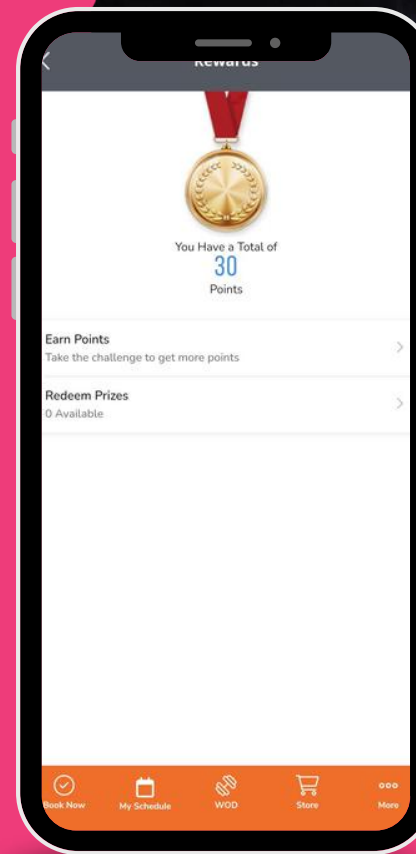
10 POINTS = 1 BALLOT

1 BALLOT = YOUR CHANCE TO **WIN A \$25 GIFT CARD!**

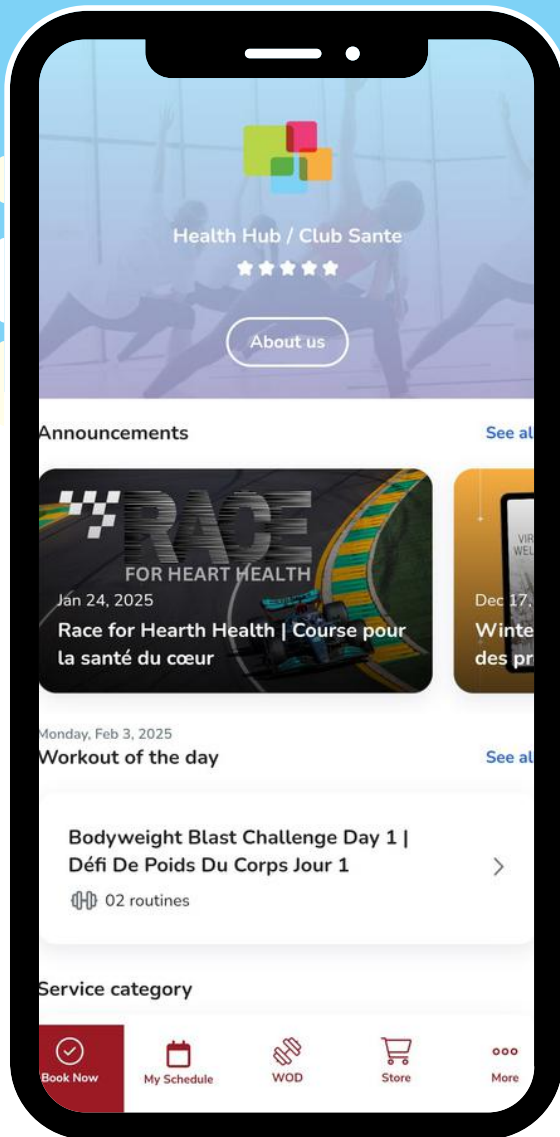
Tracking your progress is easy, just check your points in the Optimal by LIVunLtd app to see how close you are to your next ballot. The more you participate, the more points you earn, and the better your chances of winning.

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!



GET THE APP STAY CONNECTED



With the the Health Hub 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!



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