

myFitness

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 myFitness!

Welcome to myFitness - the Sun Life Employee Wellness Program.

myFitness offers both virtual fitness and wellness for Sun Life employees across Canada, and in person services at the Waterloo-King office.

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 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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Soak up the remainder of summer with our Relaxation Reboot and Relaxation Yoga.

10 Wellness Rewards

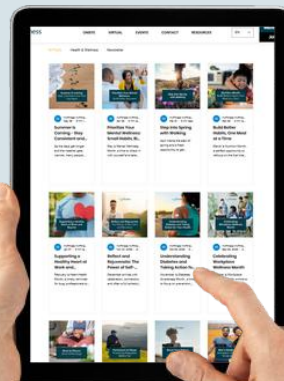
Attend, earn, win. It's that easy. Learn all about our Wellness Rewards!

Find more about the [myFitness](https://my-fitness.ca) at my-fitness.ca.

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!



LIVunLtd



CLASS SCHEDULE

myFitness Virtual Sch

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 join cl

All sessions stre



my-fitness.ca

in your time zone and class descriptions.

Day	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 Fusion 1-1:45	Triple Target 1-1:30
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 my-fitness.ca 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 	
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		

Classes via the myFitness Member Portal or App.

Stream on Zoom. The passcode to join is virtual.



info@my-fitness.ca

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](#)



myFitness Virtual

SORE BACK?

TAKE A 15 MINUTE STRETCH SESSION ON MYFITNESS VIRTUAL



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

Join today for FREE!
Visit healthhubcanada.com/classes

myFitness Virtual

NEED MORE ENERGY?

TRY A 10 MINUTE MOVE SESSION ON MYFITNESS VIRTUAL



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

Join today for FREE!
Visit <https://www.my-fitness.ca/virtualclasses>

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

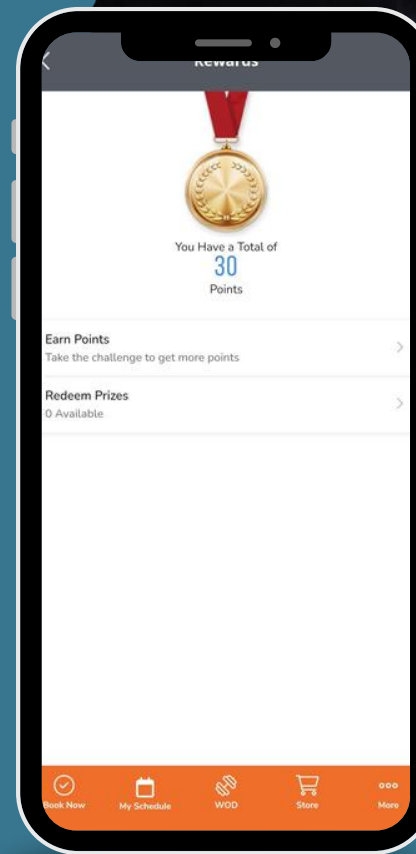
10 POINTS = 1 BALLOT

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!



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 to book your virtual Team Session today!

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Virtual

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info@my-fitness.ca

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