



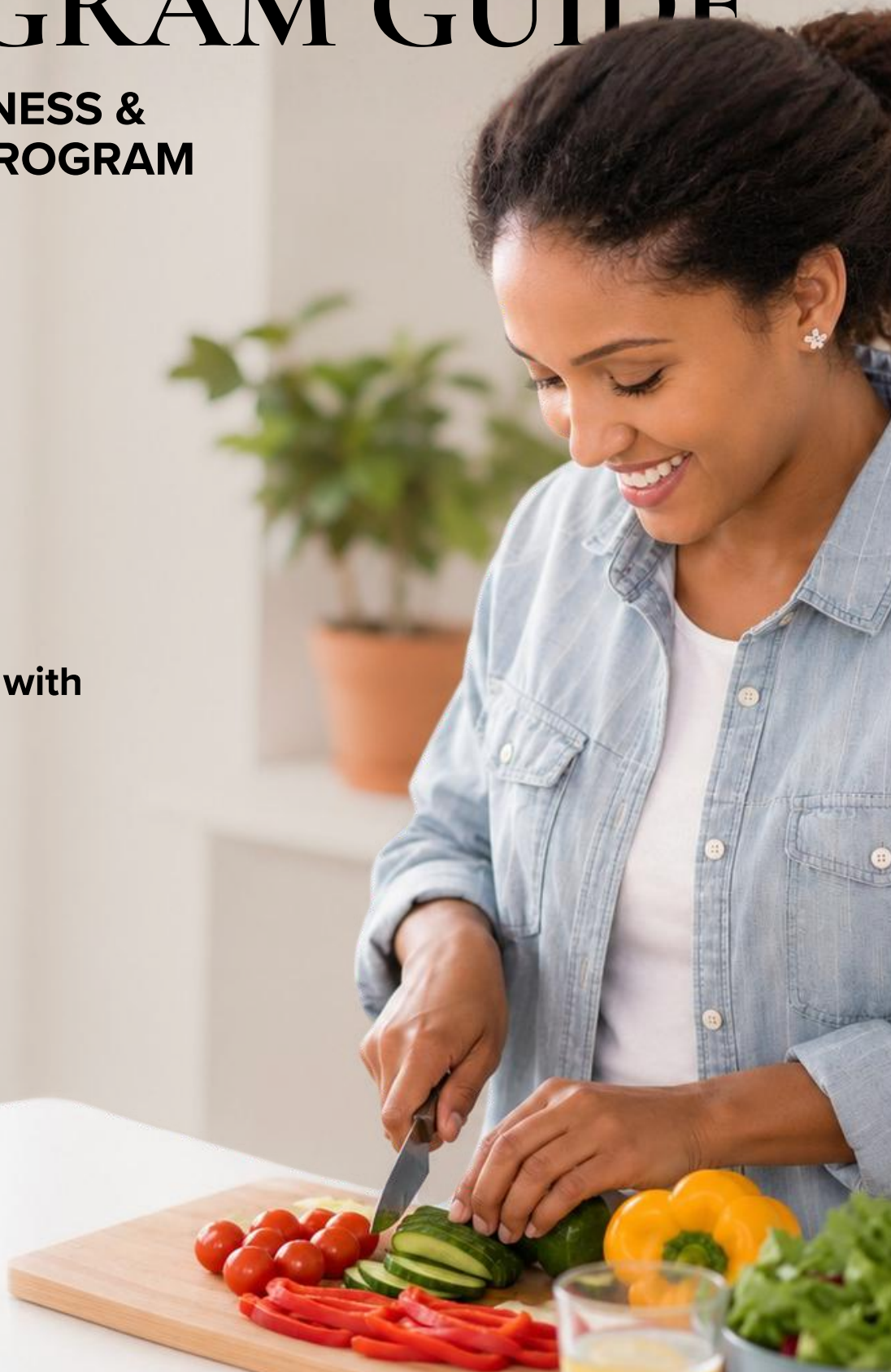
**FALL 2026**

# PROGRAM GUIDE

**VIRTUAL FITNESS &  
WELLNESS PROGRAM**

**Build Better  
Nutrition Habits with  
Eating Smart,  
Starting Small**  
~ Page 7

**LIV**unLtd



# Welcome to Optimal!

## Welcome to Optimal by LIVunLtd - your Virtual Fitness & Wellness Program.

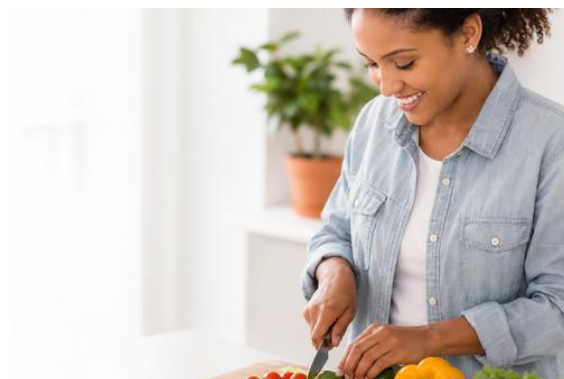
This fully virtual program is accessible from anywhere and at anytime - from your computer or your mobile device.

### 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:

Habits don't form over night. They take small, consistent changes to stick. Join the Eat Smart, Start Small Community Group to dig into how eating better can be simple and have a huge impact!

### **Learn more on page 7.**

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**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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## 10 October 2026

Dive into fall with the Macro Challenge, Optimize Wellness Fair and more!

## 13 November 2026

Time to make a deal with our Deal or No Deal Challenge.

## 15 December 2026

Make the holidays a little more mindful with workshops and the chance to win a prize!

## 17 Wellness Rewards

Every month is your chance to win a \$25 gift card just for taking care of you

**Find more about Optimal at**  
**[www.optimal.virtualbyliv.com](http://www.optimal.virtualbyliv.com)**



# CLASS SCHEDULE

## OPTIMAL SCHEDULE

September 8 - December 18, 2026

Class times displayed in Eastern Time.

| Monday                                         | Tuesday                                                     | Wednesday                                |
|------------------------------------------------|-------------------------------------------------------------|------------------------------------------|
| <b>Upper Body Burn</b><br>6:55-7:05am Karen    | <b>Cardio Blast</b><br>6:55-7:05am Tab                      | <b>Core Circuit</b><br>6:55-7:05am       |
| <b>HIIT</b><br>7:10 - 7:40am Karen             | <b>Triple Target</b><br>7:10 - 7:40am Tab                   | <b>Strong</b><br>7:10 - 7:40am           |
| <b>Energize Stretch</b><br>7:45 - 7:55am Karen | <b>Core Circuit</b><br>7:45 - 7:55am Tab                    | <b>Energize Stretch</b><br>7:45 - 7:55am |
| <b>Cardio Sculpt</b><br>10 - 10:30am           | <b>Stretch</b><br>9:30-9:40am Ann                           | <b>HIIT</b><br>10 - 10:30am              |
| <b>Stretch</b><br>11:30-11:45am Heather        | <b>Stretch : Back &amp; Posture</b><br>11:30-11:45am Nicole | <b>Stretch</b><br>11:30-11:45am          |
| <b>Cardio Blast</b><br>11:50am-12pm Heather    | <b>Lower Body Burn</b><br>11:50am-12pm Nicole               | <b>Core Flow</b><br>11:50am-12pm         |
| <b>Pilates Fusion</b><br>12:10-12:40pm Heather | <b>HIIT</b><br>12:10-12:40pm Nicole                         | <b>Triple Target</b><br>12:10-12:40pm    |
| <b>Calm</b><br>1:30-1:40pm Mat                 | <b>Calm</b><br>1:30-1:40pm Mat                              | <b>Calm</b><br>1:30-1:40pm               |
| <b>Stretch</b><br>1:50-2pm Julia               | <b>Stretch</b><br>1:50-2pm Caitlynn                         | <b>Stretch</b><br>1:50-2pm               |
| <b>Barre Fusion</b><br>2:10-2:40pm Julia       | <b>Upper Body Burn</b><br>2:10-2:20pm Caitlynn              | <b>Lower Body Burn</b><br>2:10-2:20pm    |
| <b>Ride</b><br>4:30-5pm Mia                    | <b>Cardio Sculpt</b><br>4:30-5pm                            | <b>Yoga Fusion</b><br>4:30-5:15pm        |
| <b>Core Flow</b><br>6:45-6:55pm Trinh          | <b>Low Impact Sweat</b><br>6:45-6:55pm                      | <b>Stretch</b><br>6:45-6:55pm            |
| <b>Yoga</b><br>7-7:45pm <i>Trinh</i>           | <b>Zumba</b><br>7-7:30pm                                    | <b>Strong</b><br>7-7:30pm                |
| <b>Triple Target</b><br>9-9:30pm               | <b>Strong</b><br>9-9:30pm                                   | <b>HIIT</b><br>9-9:30pm                  |

Register and join

All sessions str



optimal.virtual

| ay     | Thursday                                              |          | Friday                                   |        | Saturday                                                                                                                                                                                                                                                                                                                                                  |  | Sunday                             |  |
|--------|-------------------------------------------------------|----------|------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------|--|
| Deb    | <b>Lower Body Burn</b><br>6:55-7:05am                 | Lisa     | <b>Core Flow</b><br>6:55-7:05am          | Ann    | <b>Strong</b><br>9-9:30am                                                                                                                                                                                                                                                                                                                                 |  | <b>HIIT</b><br>9-9:30am            |  |
| Deb    | <b>Yoga</b><br>7:10 - 7:40am                          | Lisa     | <b>Cardio Sculpt</b><br>7:10 - 7:40am    | Ann    | <b>Stretch</b><br>10-10:15am                                                                                                                                                                                                                                                                                                                              |  | <b>Stretch</b><br>10-10:15am       |  |
| Deb    | <b>Core Flow</b><br>7:45 - 7:55am                     | Lisa     | <b>Energize Stretch</b><br>7:45 - 7:55am | Ann    | <b>Cardio Sculpt</b><br>11-11:30am                                                                                                                                                                                                                                                                                                                        |  | <b>Cardio Boxing</b><br>11-11:30am |  |
|        | <b>Stretch</b><br>9:30am                              | Nicole   | <b>Ride</b><br>10 - 10:30am              |        | <b>Core Flow</b><br>12-12:10pm                                                                                                                                                                                                                                                                                                                            |  | <b>Core Circuit</b><br>12-12:10pm  |  |
| Lisa   | <b>Stretch : Neck &amp; Shoulder</b><br>11:30-11:45am | Nicole   | <b>Stretch</b><br>11:30-11:45am          | Alissa | <b>Yoga</b><br>1-1:45pm                                                                                                                                                                                                                                                                                                                                   |  | <b>Triple Target</b><br>1-1:45pm   |  |
| Lisa   | <b>Upper Body Burn</b><br>11:50am-12pm                | Nicole   | <b>Core Circuit</b><br>11:50am-12pm      | Alissa | <b>Upper Body Burn</b><br>2-2:10pm                                                                                                                                                                                                                                                                                                                        |  | <b>Lower Body Burn</b><br>2-2:10pm |  |
| Lisa   | <b>Sculpted Sweat</b><br>12:10-12:40pm                | Nicole   | <b>Combat Cardio</b><br>12:10-12:40pm    | Alissa | <b>Ride</b><br>3-3:30pm                                                                                                                                                                                                                                                                                                                                   |  | <b>Pilates Fusion</b><br>3-3:30pm  |  |
| Mat    | <b>Calm</b><br>1:30-1:40pm                            | Mat      | <b>Calm</b><br>1:30-1:40pm               | Mat    | <div>Head to <a href="https://optimal.virtualbyliv.com">optimal.virtualbyliv.com</a> to see full class descriptions</div> <div><div></div>Mindfulness</div> <div><div></div>10 minute class</div> <div><div></div>15 minute class</div> <div><div></div>30 minute class</div> <div><div></div>45 minute class</div> <div><div></div>On Demand Video</div> |  |                                    |  |
| Olivia | <b>Stretch</b><br>1:50-2pm                            | Caitlynn | <b>Stretch</b><br>1:50-2pm               | Criss  |                                                                                                                                                                                                                                                                                                                                                           |  |                                    |  |
| Olivia | <b>Low Impact Sweat</b><br>2:10-2:20pm                | Caitlynn | <b>Pilates Fusion</b><br>2:10-2:40pm     | Criss  |                                                                                                                                                                                                                                                                                                                                                           |  |                                    |  |
| Trinh  | <b>HIIT</b><br>4:30-5pm                               |          | <b>Strong</b><br>4:30-5pm                |        |                                                                                                                                                                                                                                                                                                                                                           |  |                                    |  |
|        | <b>Core Circuit</b><br>6:45-6:55pm                    |          | <b>Energize Stretch</b><br>6:45-7pm      |        |                                                                                                                                                                                                                                                                                                                                                           |  |                                    |  |
|        | <b>Triple Target</b><br>7-7:30pm                      | Caitlynn | <b>Cardio Boxing</b><br>7-7:30pm         |        |                                                                                                                                                                                                                                                                                                                                                           |  |                                    |  |
|        | <b>Ride</b><br>9-9:30pm                               |          | <b>Yoga</b><br>9-9:30pm                  |        |                                                                                                                                                                                                                                                                                                                                                           |  |                                    |  |

Join our classes via the Optimal Member Portal or App.  
Stream on Zoom. The passcode to join is virtual.



# Join the crowd, Join an Optimal Community Group

Community Groups are 4 week groups that focus on a single theme, provide a live weekly touch point, and access to our Community Portal for resources, a community chat, and more!



## Eating Smart *Starting Small*

Simple nutrition habits that fit into  
real life.

September 11 - October 2, 2026

**Learn more on Page 7**

## THE RESILIENCE BLUEPRINT

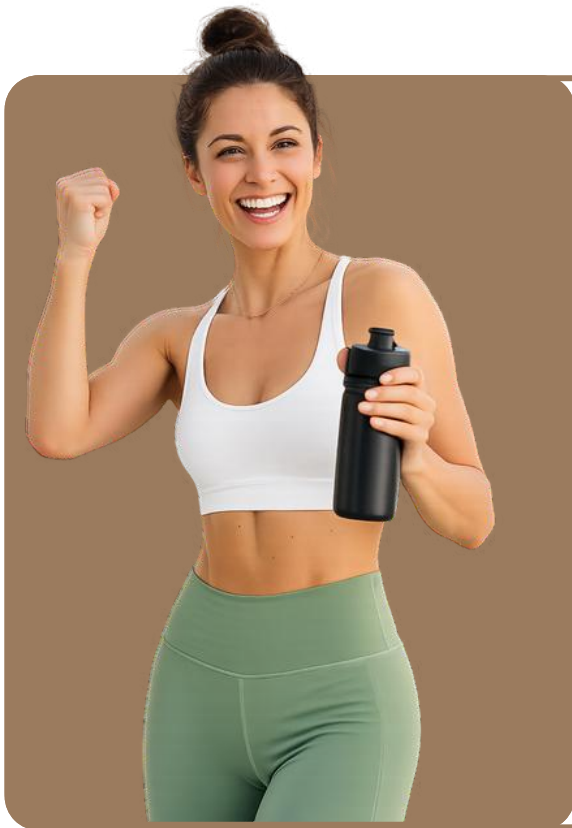
4 Weeks to More Energy, Less  
Stress, and Sustainable Success

October 23 - November 13, 2026

**Learn more on Page 9**



# SEPTEMBER 2026 EVENTS



## THE 21-DAY HABIT CHALLENGE

September 14 - October 5, 2026

**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, and weekly check in support sessions!

Learn More



## Eating Smart *Starting Small*



An Optimal Community Group

**Simple nutrition habits that fit into real life.**

Good nutrition doesn't have to mean counting calories, following strict meal plans, or changing everything overnight. Sometimes the most meaningful changes come from the smallest daily habits. Bring your challenges to the weekly discussions and explore mindset shifts without strict rules to help you make a smart shift to your nutrition and diet!

Learn More



# SEPTEMBER 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## **Shop Smart: Navigating the Grocery Store with Confidence**

September 8, 2026

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

Learn how to confidently navigate the grocery store and make informed choices. This session highlights what to look for on labels, how to compare products quickly, and simple ways to identify quality options across different aisles.



## **OPTIMAL COFFEE TALK**

Sip, Learn & Connect

## **Nervous System Reset: Breathe Out to Create More CALM with guest speaker Karen Furneaux**

September 14, 2026

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

This session combines Karen's 20 years of Olympic sport experience and her navigation of a difficult mental health diagnosis, emphasizing how breath and body can calm the nervous system to promote optimal performance and a sense of ease.



## **World Gratitude Day: Quick Practices to Celebrate**

September 21, 2026

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

Take part in simple, guided gratitude practices designed to help you pause, reflect, and appreciate the moment. This session focuses on easy, practical exercises to celebrate gratitude in real time.



## **Strong for Life: How Resistance Training Supports Everyday Tasks**

September 28, 2026

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

Resistance training can improve strength, stability, and ease in everyday movements. Getting started, looking for motivation, or wanting simple tips to make strength training feel more approachable? Join us!

# OCTOBER 2026 EVENTS



## THE 28-DAY MACRO CHALLENGE

Start anytime after October 13, 2026

***Ditch one-sized-fits-all dieting and discover your personal macros in just 28 days!***

Join the Macro Challenge and learn exactly what a macro-based eating plan is so that you can calculate your own unique macros, adjust your portions, create your own meal plans and implement them into a schedule that works for YOU!

Learn More



## THE RESILIENCE BLUEPRINT

An Optimal Community Group

**4 Weeks to More Energy, Less Stress, and Sustainable Success**

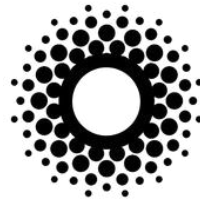
Burnout doesn't happen overnight. It often builds slowly through ongoing stress, depleted energy, poor boundaries, and not enough time to recharge.

Join us for four weeks of practical tools, meaningful reflection, and community support as you build a blueprint for more energy, less stress, and sustainable success.

Learn More



# OCTOBER 2026 EVENTS



**OPTIMIZE**  
Virtual Wellness Fair  
by LIV<sup>unltd</sup>

October 20-23, 2026

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 2026 Sessions!



**Re-boot from Burnout:**  
How To Prioritize  
Movement for Mental  
Health

Presented by  
Karen Furneaz

Tuesday,  
October 20



**Creating Space to  
Think**

Presented by  
Allison Stuckless

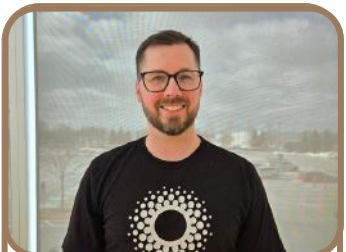
Wednesday,  
October 21



**Sprint Interval  
Training:** The Key to  
Cardiovascular Health  
for Busy Adults

Presented by  
Dr. Richard Bucciarelli

Thursday,  
October 22



**The Meeting  
Makeover:** How to  
Make Your Workday  
Healthier

Presented by  
Mat Cassidy

Friday,  
October 23

**More details coming soon!**



# OCTOBER 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## **The Power of Thankfulness**

October 5, 2026

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

Explore the benefits of gratitude and how it can positively influence mindset, stress levels, and overall wellbeing. This session highlights simple ways to practice thankfulness during the Thanksgiving season and beyond.



## **Macro Made Simple: Find your macros**

October 13, 2026

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

Walk through a simple step-by-step process to calculate your macronutrients and understand what the numbers mean. This session breaks down protein, carbs, and fats in an easy-to-follow way and introduces how to start applying them into your daily routine.



## **Optimize: Virtual Wellness Fair**

October 19 - 22, 2026

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



## **Shift Strong: Fitness and Nutrition Tips for Shift Workers**

October 26, 2026

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

Discover realistic approaches to staying active and eating well while managing shift work. This session offers practical tips to support energy, recovery, and consistency, no matter when your day begins.

# NOVEMBER 2026 EVENTS



## DEAL OR NO DEAL WELLNESS EDITION

November 1 - 31, 2026

**Think you can handle the challenge?**

Deal or No Deal: Wellness Edition puts a fun game-show twist on fitness and wellness. Each week, you'll complete a new challenge designed to get you moving, thinking, and building healthy habits.

Complete the challenge and you'll earn the chance to open a mystery briefcase.

Learn More





### FEELING STRESSED?

TAKE A 10 MINUTES CALM SESSION ON OPTIMAL





Reset your mind



Reduce stress



Feel more balanced



More energy for your shift

Join today for FREE!  
Visit [optimalbyliv.com/home](https://optimalbyliv.com/home)



### SORE BACK?

TAKE A 15 MINUTE STRETCH SESSION ON OPTIMAL





Loosen tight muscles



Improve posture



Move better, feel better

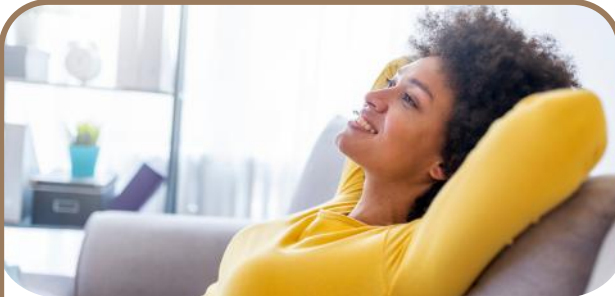


Stay strong on your feet

Join today for FREE!  
Visit [optimalbyliv.com/home](https://optimalbyliv.com/home)

# NOVEMBER 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## **Stress-Free Season: Simple Daily Habits**

November 2, 2026

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

Discover realistic ways to care for your wellbeing during the busy holiday season. This session explores small, sustainable habits that can help you stay grounded, energized, and focused on what matters most.



## **Embrace the Chill: Moving more in colder weather**

November 9, 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.



## **Frozen, Canned & Fresh: Does It Really Matter?**

November 16, 2026

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

Explore the differences (and similarities) between frozen, canned, and fresh foods. This session breaks down how each option can fit into everyday eating, highlighting convenience, cost, and quality so you can make simple, confident choices at the grocery store.



## **Fitness for Blood Sugar: Simple Ways to Get Started**

November 23, 2026

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

Learn how simple movement strategies can support healthy blood sugar throughout the day. This session highlights practical, evidence-based approaches to using exercise more intentionally, including tips that can easily fit into your existing routine.

# DECEMBER 2026 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 2026 WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



## **Gratitude in Action: Setting your mind for holidays**

November 30 2026  
2pm AT / 1pm ET / 11am CT/MT / 10am PT

Learn simple gratitude practices that can help you navigate the holiday season with greater calm and intention. This session offers practical ways to focus on connection, appreciation, and the moments that matter most.



## **Holiday Mindset: Enjoying the Season as It Comes**

December 7, 2026  
2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore the role of food during the holiday season and how it brings comfort, tradition, and connection. This session focuses on enjoying seasonal meals and gatherings with awareness and appreciation, while embracing the variety and experience of holiday eating.



## **Active Holidays: Fun Ways to Stay in Motion**

December 14, 2026  
2pm AT / 1pm ET / 11am CT/MT / 10am PT

Explore fun and flexible ways to add movement to holiday gatherings and traditions. This session offers ideas to help make staying active feel enjoyable, social, and stress-free throughout the season.



Thank you for an  
amazing 2026!

# 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!



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