



LIV_{unLtd}

Experiences

Mold. Meditate. Manifest.

Find Your Flow with Clay & Calm

~ Page 26

Elevate, Engage, Experience!

Fitness Experiences by LIVunLtd

~ Page 7

ELEVATE YOUR SPACE WITH EXPERIENCES BY LIVUNLTD

Bring your workplace, building, or community to life with Experiences by LIVunLtd—a curated selection of engaging fitness, wellness, and lifestyle events designed to foster connection, creativity, and well-being. Whether it's an invigorating group fitness class, a hands-on wellness workshop, or a unique team-building activity, our experiences create meaningful moments that inspire and unite.

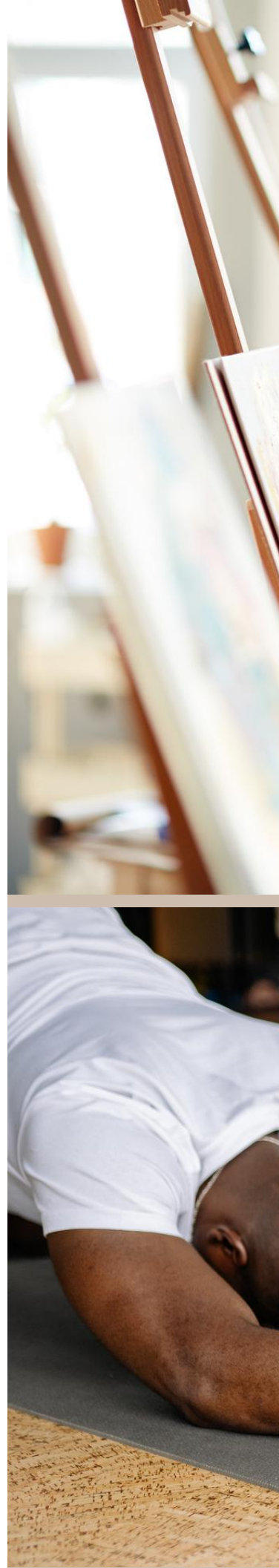
With on-site experiences led by expert facilitators, we make it easy to host high-quality, stress-free events tailored to your needs. From concept to execution, our team handles every detail—ensuring a seamless, impactful experience that leaves a lasting impression.

Booking Your Experience is Simple!

- 1 Browse our offerings—Continue reading or visit us online at [ExperiencesbyLIV.com](https://www.experiencesbyliv.com) to explore our full selection.
- 2 Select your event details—Choose the number of attendees, date, and time that work best for you.
- 3 Let LIVunLtd handle the rest—We'll take care of everything, from expert instructors and materials to event marketing and space coordination (if needed).

Ready to create an unforgettable experience?

Let's bring your vision to life! Contact us today or complete the booking form to get started.





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Booking Your Experience

Booking an Experience with LIVunLtd is as easy as 1, 2, 3!

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- 2. Select your event details** - choose the number of attendees, date, and time that work best for you.
- 3. Let LIVunLtd handle the rest** - we'll take care of everything, from expert instructors and materials to event marketing and space coordination (if needed).

Fitness Experiences

Energize Your Space. Engage Your People. Elevate Well-Being.

Bring movement, energy, and connection directly into your workplace, building, or community with Fitness Experiences by LIVunLtd - a dynamic extension of our Experiences portfolio designed for spaces with or without dedicated fitness facilities.

Whether you're looking to activate an amenity space, enhance workplace wellness, or create meaningful moments of connection, our instructor-led fitness experiences deliver high-impact programming with zero operational burden. From invigorating group workouts to restorative movement sessions, each experience is thoughtfully designed to meet your community where they are - physically, mentally, and culturally.

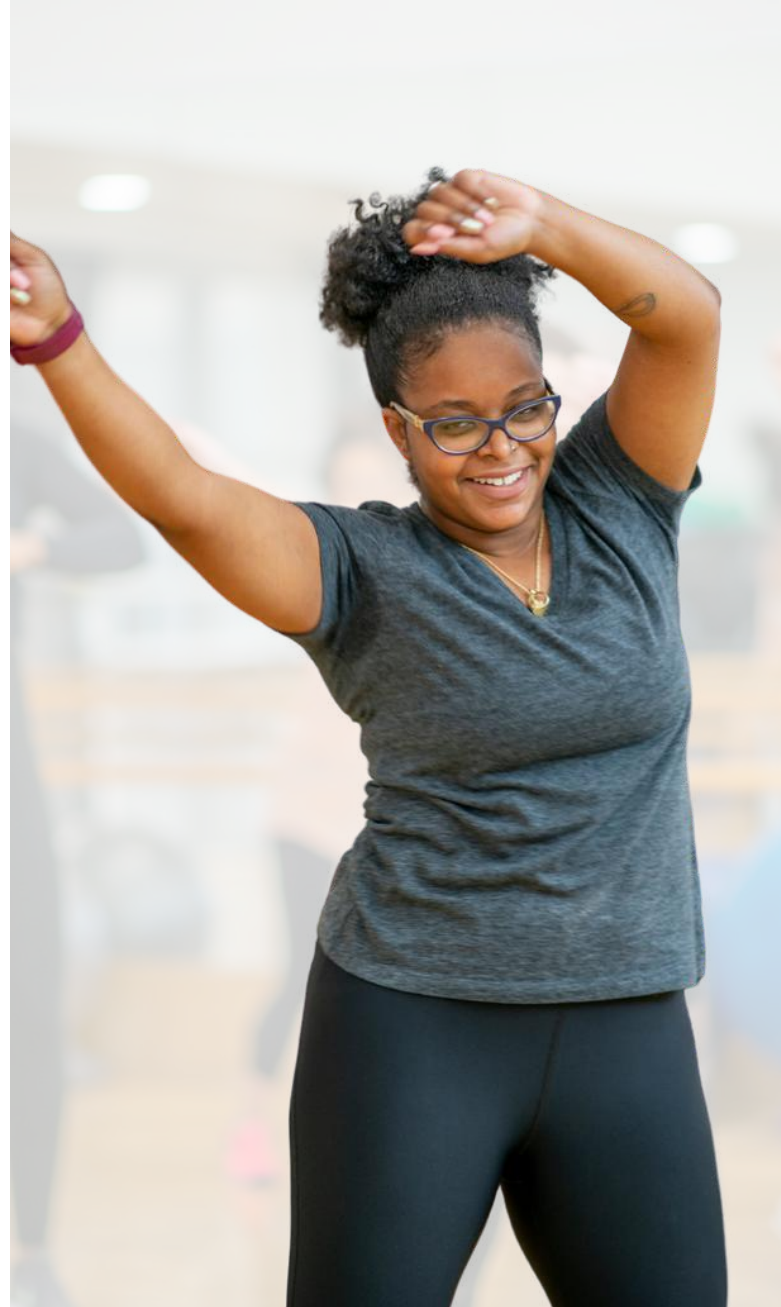
Led by top-tier instructors and fully managed by our team, we handle every detail - programming and scheduling to on-site coordination - ensuring a seamless, engaging, and professionally delivered experience every time.

Why Fitness Experiences Work:

- Boosts energy, morale, and productivity
- Encourages team connection through shared activity
- Supports physical and mental well-being
- Activates underutilized spaces with purpose
- Delivers measurable engagement without the need for a full fitness facility

Flexible, Scalable, Impactful

Offered as one-time events or recurring weekly programming, Fitness Experiences by LIVunLtd can be tailored to your goals, space, and audience - making it easier than ever to bring wellness to life.



BOOKING MAKE SIMPLE

Let LIVunLtd handle every detail of your Experience, including users bookings and inquiries!

While clients are free to use any booking platform they prefer, with LIVunLtd's proprietary **LIVwell** system, we can:

- accommodate registration and attendance tracking to ensure an acceptable ROI
- allow LIVunLtd the ability to send out reminders to participants
- provide class descriptions and guidelines
- collect feedback; and assist in trend analysis
- and more!

Best of all, LIVwell is included in your Experience booking!

STRENGTH & SCULPT

A full-body workout designed to build strength, improve endurance, and leave participants feeling strong and empowered.



FLOW & RESTORE

A calming, yoga-inspired experience focused on mobility, flexibility, and stress release—perfect for resetting the day.

HIIT & HUSTLE

A high-energy interval training session that boosts cardiovascular fitness, burns energy, and drives team motivation.



All Fitness Experiences require 800-1200 sq ft. Class capacity will be based on size of space.
Fitness Experience Fee = \$150 per session + one time administration set up fee

CORE & CONNECT

A core-focused workout that builds stability and strength while encouraging team interaction and shared energy.



MOBILITY & MOVE

A functional movement session designed to improve range of motion, reduce stiffness, and support long-term physical health—ideal for desk-based teams.

POWER & PRESENCE

A strength and conditioning experience that blends physical training with confidence-building energy and focus.



Ready to move, connect, and elevate?

Contact us at Experiences@livunltd.com with any questions or to request an Experience today!

SWEAT & RESET

An energizing workout followed by guided recovery and breathwork—leaving participants refreshed and recharged.



ENERGIZE & ELEVATE

A dynamic, all-levels fitness experience designed to uplift mood, boost energy, and create a positive, collective atmosphere.

STRETCH & RESET

A short 5-10 minute stretch break perfect for lengthy meetings or conferences.



All Fitness Experiences require 800-1200 sq ft. Class capacity will be based on size of space.
Fitness Experience Fee = \$150 per session + one time administration set up fee

Ready to move, connect, and elevate?

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Creating a world where
optimal health
is accessible to all.

WHY OPTIMAL BY LIVUNLTD

Optimal by LIVunLtd brings expert-led fitness, wellness, and mindfulness straight to you - anytime, anywhere! With 80+ streaming classes per week, plus on-demand workouts, workshops, and monthly wellness challenges, you'll find everything you need to stay active, reduce stress, and feel your best. Whether you're looking for a quick stretch, an energizing workout, or guided mindfulness, Optimal makes wellness easy and accessible for your lifestyle!

OPTIMAL INCLUDES

- Live Fitness Classes
- Mindfulness Sessions
- Stretch Breaks
- Nutrition Programs
- Wellness Coaching
- Educational sessions
- Wellness Challenges
- Personal Training
- 1000's of on demand videos
- Customer Support
- Web portal & mobile app
- And more!

Learn more about Optimal

Interested in offering flexible and accessible programming to your users? [Click here](#) to learn more about Optimal by LIVunLtd and the benefits it can offer to your organization.



Contact Us

virtualbyliv.com
optimal@livunltd.com

LIVunLtd

Wellness Experiences

A man in an orange sweater is standing and smiling, holding a small white object. He is in a room with a brick wall and large windows. To his left is a whiteboard with several diagrams pinned to it. In the foreground, a woman in a teal shirt is sitting and looking towards him. The room has a warm, orange-toned lighting. There are potted plants on the windowsill and a table in the foreground with more plants and papers.

Wellness Experiences. Practical and Effective Wellness Strategies for your Workforce

In today's demanding work environments, from manufacturing sites to corporate offices, well-being is no longer a perk; it is a fundamental right and a critical business driver. **Wellness Experiences by LIVunLtd are designed to provide your team with actionable strategies to manage the unique stresses of modern work life.**

Our programming goes beyond traditional fitness to address the holistic needs of your employees, focusing on areas such as restorative sleep, ergonomic health, and mental resilience. Led by industry experts who bring firsthand experience in manufacturing environments, our sessions are crafted to resonate with diverse teams through "real tools for real workdays".

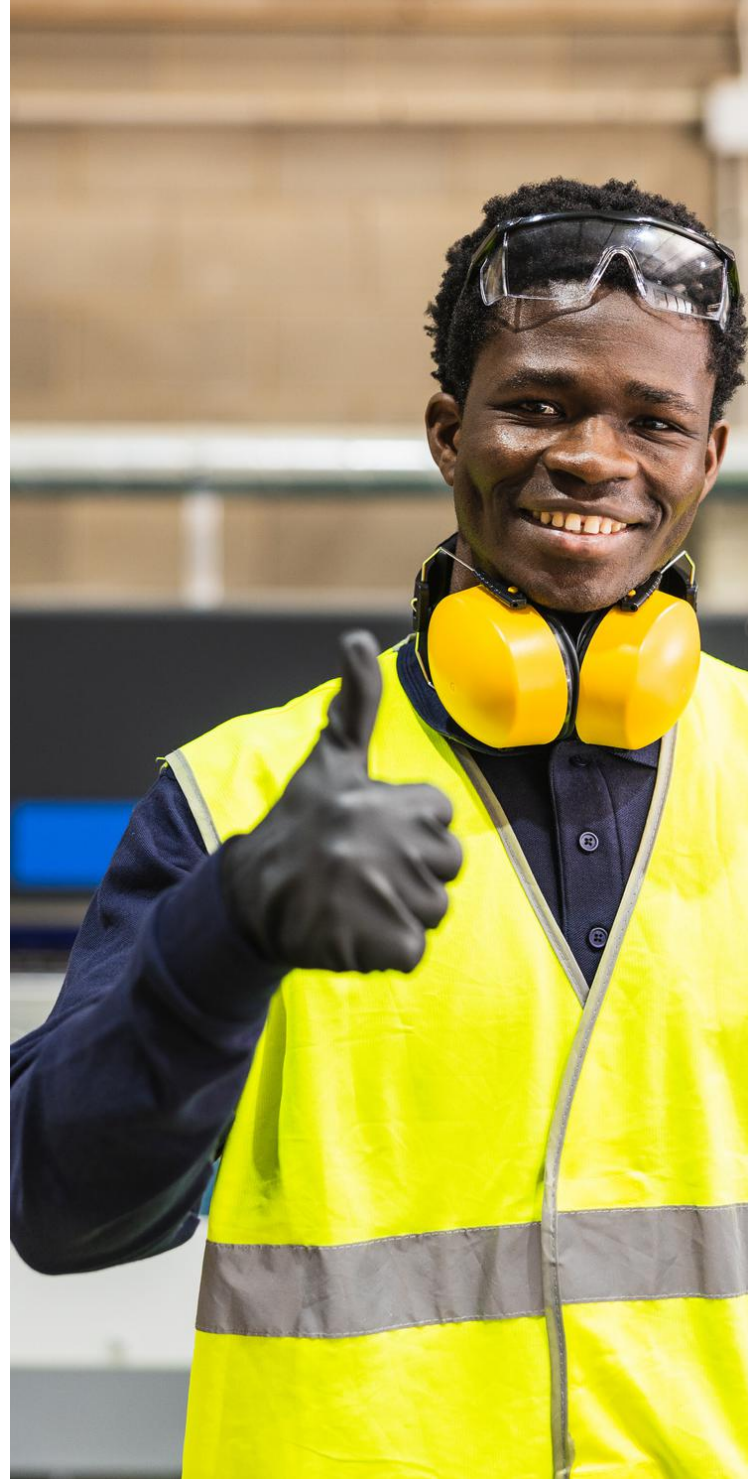
Why Choose Wellness Experiences?

Targeted Impact: Specialized sessions like the Shift Work Survival Guide address the specific health and energy challenges faced by 24/7 operations.

Operational Ease: We handle all logistics, from expert facilitators to participant materials, requiring only a meeting or conference space from you.

Measurable ROI: Improved employee well-being leads to higher retention, reduced burnout, and a more engaged, productive community.

Inclusive Design: Our workshops are accessible to all employees, regardless of their current fitness level or access to on-site gym facilities.



Booking

- Instructor-led workshops (on-site or virtual).
- Requires a standard meeting or conference room.
- Scalable based on your available space.

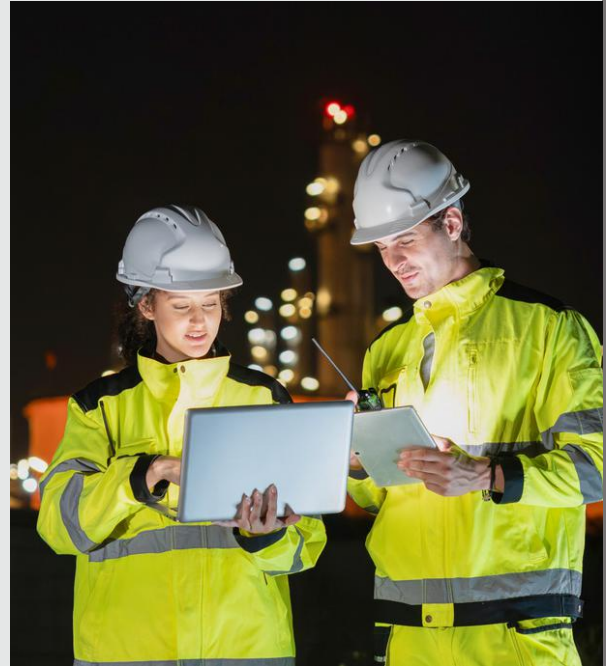
Ready to empower your team with the tools they need to thrive?

Contact us at Experiences@livunltd.com to request a session or build a custom wellness series for your organization! We're here to help.

SHIFT WORK SURVIVAL GUIDE

Managing Sleep, Energy, and Health

Designed for employees working shifts, this session covers strategies for adjusting sleep cycles, choosing foods that support energy, and maintaining overall wellbeing.



SLEEP SMARTER

Strategies for Restorative Sleep

A practical overview of the habits, environmental changes, and routines that promote better sleep. Participants learn how to improve sleep quality, reduce nighttime interruptions, and wake feeling more refreshed.

All Wellness Experiences require a meeting or conference space. Class capacity will be based on size of space. Wellness Experience Fee = \$499 per session. Multi-session pricing available.

WORKSTATION WELLNESS

Setting Up Your Space for Comfort

Participants learn how to arrange their workstation to prevent strain, reduce discomfort, and support long-term musculoskeletal health.



SAFE LIFTING AND BODY MECHANICS FOR EVERYDAY TASKS

A practical overview of the habits, environmental changes, and routines that promote better sleep. Participants learn how to improve sleep quality, reduce nighttime interruptions, and wake feeling more refreshed.

Ready to move, connect, and elevate?

Contact us at Experiences@livunltd.com with any questions or to request an Experience today!

BREAKING FREE

Understanding the Physiology of Nicotine Dependence

This session provides a clear explanation of how nicotine addiction works and why quitting can be so challenging. Understanding the biology, psychology, and physiology helps participants approach cessation with realistic expectations and better tools.



SUPPORTING OTHERS

How to Support Someone Quitting Smoking

A guide for supporting someone on their quit journey. Participants learn what to say, what not to say, and how to encourage change in a positive, non-judgmental way.

All Wellness Experiences require a meeting or conference space. Class capacity will be based on size of space. Wellness Experience Fee = \$499 per session. Multi-session pricing available.

Ready to move, connect, and elevate?

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UNLEASH YOUR PEAK PERFORMANCE

PREMIUM COMMERCIAL & HOME FITNESS EQUIPMENT

From elite training facilities to inspiring home gyms, we provide industry-leading cardio and strength equipment engineered for results. Whether you're outfitting a club, training center, or your personal workout space, our expert team is ready to help you bring your vision to life.

Explore our full range of fitness solutions at:

LifeFitnessCanada.com

LifeFitness

**HAMMER
STRENGTH®**

LIV_{unLtd}

LIVunLtd.com

sales@livunltd.com

800-881-1625

Seasonal Curated Activation Experiences

Creating Meaningful Connections & Elevating Engagement with LIVunLtd

In today's fast-paced world, fostering a sense of community is more important than ever. Whether you're managing a **residential building, corporate space, or mixed-use property**, creating opportunities for connection can significantly impact tenant satisfaction, employee well-being, and long-term retention. At LIVunLtd, we specialize in transforming spaces into vibrant, engaging environments where people feel valued, connected, and inspired to **LIVE UNLIMITED**.

Enhancing Tenant & Employee Retention

A well-connected community isn't just a perk—it's a powerful retention tool. Property managers and corporate leaders alike understand that happier tenants and employees lead to greater stability and loyalty. Our **Experiences by LIVunLtd** offer thoughtfully curated fitness, wellness, and lifestyle events designed to bring people together, foster meaningful relationships, and create lasting memories. Whether through a group meditation session, a hands-on candle-making workshop, or an energizing fitness class, we provide dynamic experiences that elevate day-to-day life.

The ROI of Community Engagement

Investing in meaningful experiences isn't just about adding amenities—it's about driving long-term value. Studies show that engaged communities experience higher retention rates, increased referrals, and improved overall satisfaction. For corporations, workplace wellness initiatives can boost productivity, morale, and reduce burnout, ultimately leading to stronger employee retention and lower turnover costs. By bringing expertly led programming directly to your space, we make it easy for property managers and businesses to see a measurable return on investment while enhancing the daily lives of their tenants, residents, and employees.



Seamless, Stress-Free Execution

At LIVunLtd, we handle every detail—from program curation and event logistics to on-site coordination—ensuring a seamless and hassle-free experience for property managers and corporate leaders. With our extensive expertise in hospitality and lifestyle management, we help you create an environment where people don't just live or work—they thrive.

Let's Elevate Your Space

Whether you're looking to increase tenant engagement, boost workplace morale, or differentiate your property with standout amenities, LIVunLtd is your partner in building a connected, engaged, and inspired community. Ready to get started? Let's create an experience that makes your space unforgettable.

BALANCE + BLOSSOM

A Team Wellness Experience

Give your team a refreshing break from the daily grind with Balance + Blossom—an immersive floral experience designed to reduce stress, spark creativity, and strengthen workplace connections.

We begin with a guided meditation to set a mindful and inspiring tone, helping your team feel centered and engaged. Then, with expert guidance and fascinating floral insights, participants will create their own beautiful arrangements, using flowers as a medium for self-expression and relaxation.

Why Your Team Will Love It:

- Relieves work-related stress and boosts well-being
- Encourages team bonding in a fun, creative setting
- Inspires fresh thinking and self-expression
- Creates a calming, uplifting atmosphere
- LIVunLtd provides all necessary supplies—your team just needs to show up and enjoy the experience! We will also provide marketing posters and social media posts.



Ready to refresh your team's energy and let creativity bloom?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate groups up to 30 participants

THE BLANK CANVAS

A Corporate Creativity Experience

Empower your team with a unique, hands-on experience designed to boost morale, spark innovation, and strengthen workplace connections. The Blank Canvas merges mindfulness and art to encourage self-expression, fresh thinking, and a renewed sense of purpose.

The session begins with a guided mindfulness exercise to clear the mind and inspire creativity. Then, with a blank canvas as their starting point, participants will explore intuitive painting—creating something meaningful and personal, free from rules or expectations.

Why Your Team Will Love It:

- Enhances focus and productivity
- Reduces stress and boosts emotional well-being
- Fosters creative problem-solving and innovation
- Strengthens team collaboration and morale



Ready to unlock creativity and turn a blank canvas into inspiration?

Contact us with any questions or complete the booking form to reserve your event today!

CLICK HERE to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate groups up to 30 participants

SOUND JOURNEY

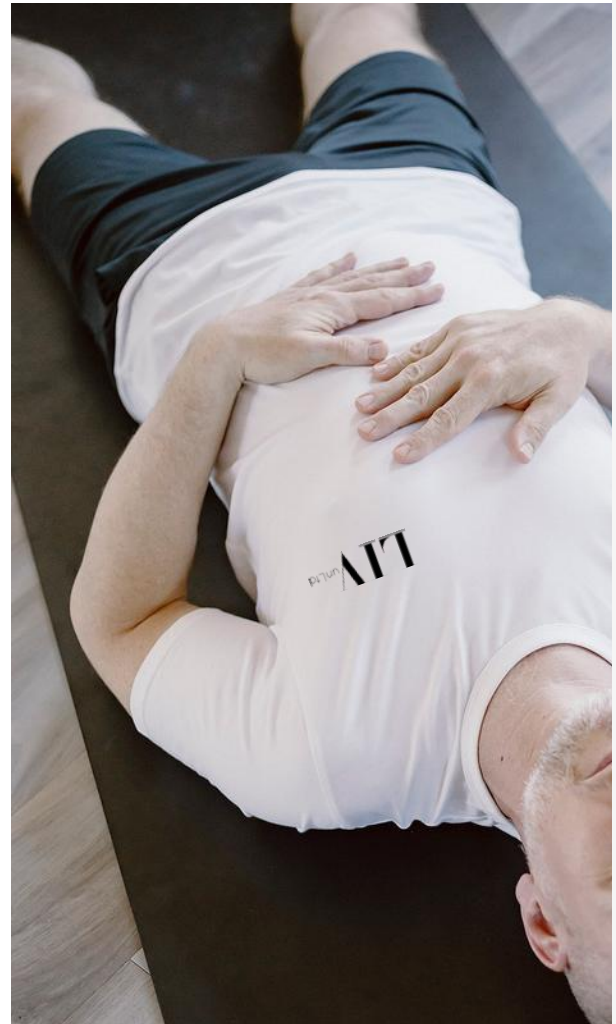
A Deep Relaxation Experience

Immerse your team in the healing power of sound, where crystal bowls and other soothing instruments create waves of harmonious vibrations to melt away stress and tension.

Set in a tranquil, candlelit space, Sound Journey promotes deep relaxation, helping participants quiet their minds, release anxiety, and restore balance. This immersive experience is designed to leave your team feeling refreshed, recharged, and deeply at peace.

Why Your Team Will Love It:

- Reduces stress and anxiety
- Encourages deep relaxation and mental clarity
- Enhances sleep quality and overall well-being
- Creates a calming, restorative atmosphere



Ready to relax, recharge, and immerse in the power of sound?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1050 + HST
Can accommodate any group size.

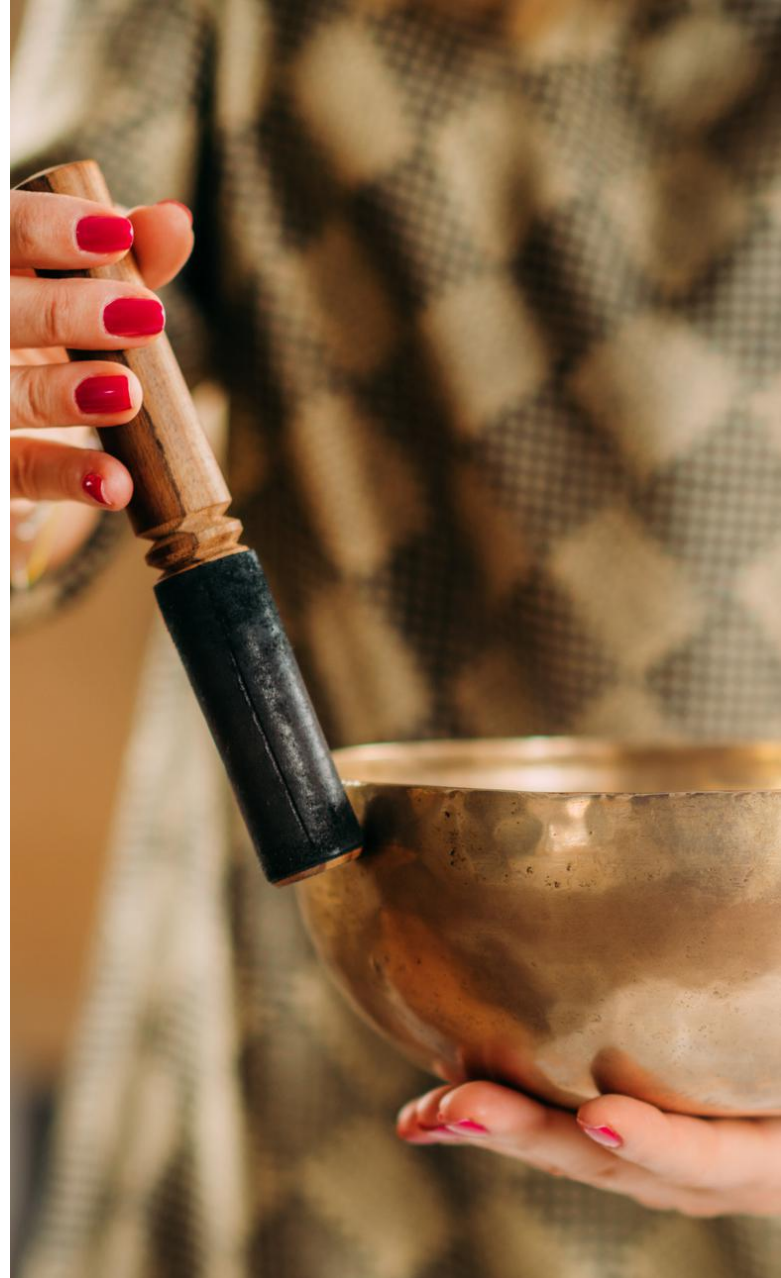
CASE STUDY:

Experience the Transformative Power of Sound: A Spotlight on Sound Journey at AeroCentre

On February 26th, AeroCentre Fitness Centre in Mississauga introduced tenants to a truly unique and immersive wellness experience: **Sound Journey** - a Sound Bath Specialty Class led by an expert Sound Healer, Crystal Healer, and Meditation Coach. The event drew a mix of participants, including both fitness centre members and non-members, highlighting its broad appeal and ability to foster community engagement.

During this transformative session, the instructor guided participants through a blissful sound journey, using an array of instruments such as crystal singing bowls, Koshi chimes, flutes, rainsticks, and drums to create a deeply soothing atmosphere. Beginning with a guided meditation, the experience encouraged mindfulness and relaxation before leading into the immersive vibrations of a full-body sound bath. As Giselle moved through the space, the gentle sounds resonated over and around participants, enveloping them in waves of serenity.

The result? Participants emerged **relaxed, rejuvenated, and ready to take on the rest of their day with clarity and ease**. Given the overwhelming success of this pop-up event, AeroCentre has scheduled a second session for March 26th, reinforcing the demand for high-quality wellness experiences in corporate and residential spaces.



Why Host a Sound Journey?

- ✓ Reduces stress and anxiety
- ✓ Enhances focus and mental clarity
- ✓ Encourages mindfulness and relaxation
- ✓ Promotes workplace wellness and team bonding

LIVunLtd specializes in curating impactful wellness experiences like Sound Journey, designed to bring employees and tenants together, boost morale, and foster meaningful connections within your building or corporate space. Ready to elevate your wellness offerings and provide your community with an unforgettable moment of calm? Let's bring the power of sound to your space!

Contact us today to book your Sound Journey experience.

THE ART OF CANDLE MAKING

A Wellness & Creativity Experience

Engage your team in a soothing, sensory-rich experience that blends creativity with self-care. The Art of Candle Making invites participants to explore the craft of hand-poured candles, customizing their creations with delightful scents and personal touches.

As they immerse themselves in the process, guests will cultivate mindfulness, reduce stress, and connect with colleagues in a warm, inviting atmosphere. This hands-on workshop is the perfect blend of relaxation, creativity, and team bonding.

Why Your Team Will Love It:

- Relieves stress and promotes relaxation
- Encourages mindfulness and self-care
- Fosters connection and team camaraderie
- Creates a personalized keepsake to enjoy



Ready to spark creativity and relaxation with a hands-on experience?

Contact us with any questions or complete the booking form to reserve your event today!

CLICK HERE to book your Experience!

Event Information

Pricing for this event starts at \$1200 + HST
Can accommodate up to 30 participants.

DISCOVER YOUR GLOW

An Aura Insight Experience

Help your team tap into their energy, confidence, and inner potential with this immersive experience. Discover Your Glow guides participants on a journey of self-awareness, empowerment, and inspiration through personal aura readings.

Each guest will explore the unique colors of their aura, gaining deep insight into their energetic blueprint. This one-of-a-kind experience cultivates positivity, enhances motivation, and encourages personal growth—all while fostering meaningful connections.

Why Your Team Will Love It:

- Boosts self-awareness and mindfulness
- Encourages a positive mindset and motivation
- Increases self-confidence and personal empowerment
- Creates an uplifting and enlightening team experience



Ready to tap into your energy and uncover the colors of your aura?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate up to 30 participants.

CLAY & CALM

A Mindful Creativity Experience

Encourage your team to unplug, unwind, and get creative with Clay & Calm—a hands-on experience that blends mindfulness with artistic expression. Through soothing clay-shaping techniques and guided moments of reflection, participants will discover the meditative rhythm of working with their hands.

This tactile experience promotes relaxation, presence, and self-confidence, allowing each guest to find stillness in the creative process while crafting their own unique piece.

Why Your Team Will Love It:

- Improves hand-eye coordination and dexterity
- Encourages relaxation and mindfulness
- Unleashes creativity and self-expression
- Boosts confidence through hands-on artistry



Ready to slow down, get hands-on, and find stillness in creativity?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate up to 30 participants.

ROOTS & RENEWAL

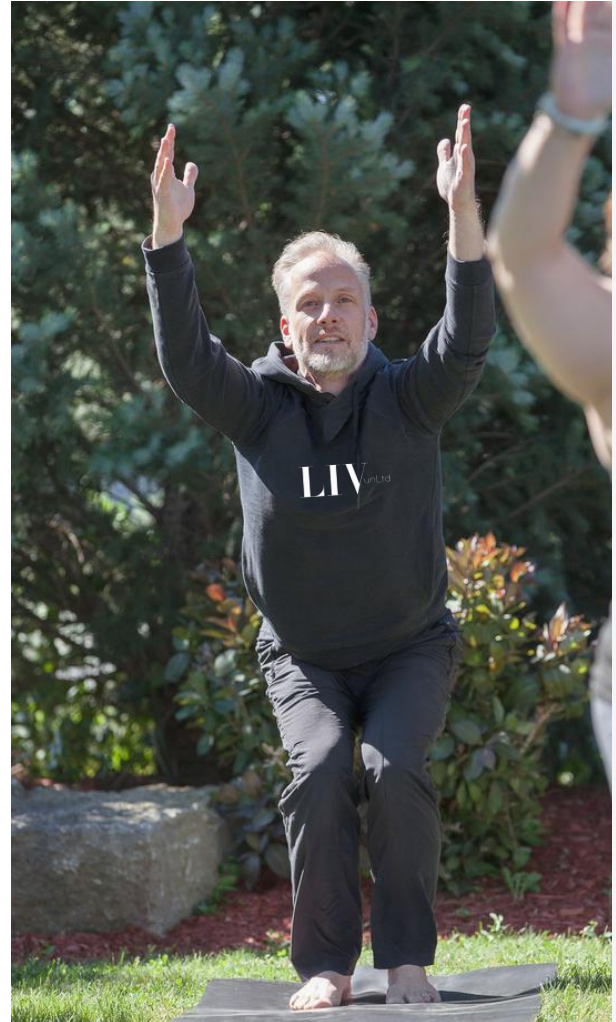
A Growth & Wellness Experience

Reconnect with nature and well-being in Roots + Renewal, an uplifting experience that blends mindfulness, movement, and greenery. Beginning with a grounding yoga practice, participants will cultivate a sense of calm before getting hands-on with their own plant.

Each guest will receive a plant to re-pot while learning about its benefits, care, and connection to a healthier environment. As their plant flourishes, so too will their creativity, mindfulness, and overall well-being.

Why Your Team Will Love It:

- Enhances mood and reduces stress
- Improves air quality and promotes well-being
- Encourages environmental awareness and mindfulness
- Creates a lasting reminder of growth and renewal



Ready to plant the seeds of wellness and watch your team thrive?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate up to 30 participants.

CRAFTING WITH RESIN

A Creative Team Experience

Unleash your team's creativity with Crafting with Resin, a hands-on experience where participants will explore the versatile and vibrant world of resin art. Guided by expert instruction, each guest will learn the fundamentals of resin crafting while creating one to two unique pieces of their choice.

This workshop encourages patience, precision, and artistic expression, while fostering a sense of community and shared creativity. Whether designing a keychain, jewelry, or a bookmark, each piece becomes a personalized keepsake and a reminder of the experience.

Why Your Team Will Love It:

- Develops a new and exciting skill
- Encourages relaxation and self-expression
- Cultivates patience, precision, and mindfulness
- Strengthens team connections through shared creativity
-



Ready to create something unique and unforgettable?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1150 + HST
Can accommodate up to 30 participants.

LIVunLtd Fitness Management: Elevating Workplace Wellness

LIVunLtd Fitness Management is a premier provider of workplace wellness solutions, specializing in the management of corporate fitness centers and the delivery of comprehensive wellness programming. We partner with organizations to create customized, high-touch fitness experiences that enhance employee well-being, engagement, and productivity.

Our expertise includes facility design, staffing, operations, and programming, ensuring that every fitness center we manage is not just a gym but a hub for employee health and community building. We offer cutting-edge group exercise classes, personal training, wellness programs, and on-site activations tailored to each company's culture and workforce needs.

For organizations without a dedicated fitness space, we provide Optimal, Your Corporate Gym Online—a virtual wellness platform designed to bring high-quality fitness and wellness experiences directly to employees, no matter where they are.

We're excited to connect with leaders who understand that investing in employee and tenant well-being leads to stronger, healthier, and more engaged teams and communities. Whether you have a corporate fitness center or are looking for innovative ways to bring wellness into your space, LIVunLtd offers scalable solutions tailored to your needs.

Let's redefine workplace wellness together! Book your free chat to explore how we can bring the best in fitness, wellness, and lifestyle management to your organization.

Contact LIVunLtd today!

info@livunltd.com





Wellness Solutions for Your People, Your Space.

www.livunltd.com