

myFitness

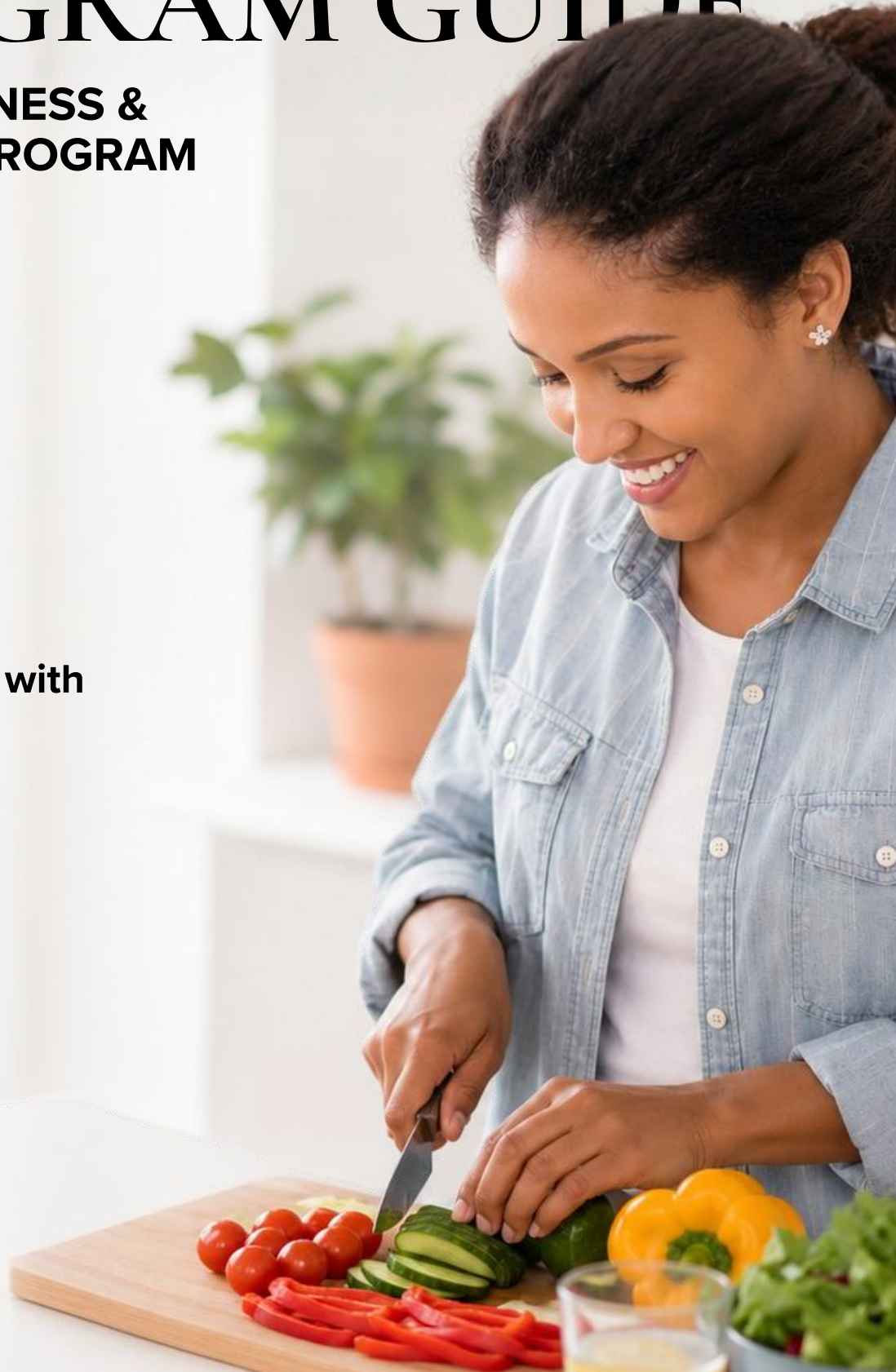
FALL 2026

PROGRAM GUIDE

**VIRTUAL FITNESS &
WELLNESS PROGRAM**

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

LIVunLtd



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:

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.

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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Join the crowd and dive into a wellness topic this fall with Community Groups

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Start your fall off right with some amazing programs like the 21 Day Habit Challenge

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 the myFitness at my-fitness.ca.



CLASS SCHEDULE

myFitness Virtual School

September 8 - December 18, 2026

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

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	Stretch 9:30-9:40am Ann	HIIT 10 - 10:30am
Stretch 11:30-11:45am Heather	Stretch : Back & Posture 11:30-11:45am Nicole	Stretch 11:30-11:45am
Cardio Blast 11:50am-12pm Heather	Lower Body Burn 11:50am-12pm Nicole	Core Flow 11:50am-12pm
Pilates Fusion 12:10-12:40pm Heather	HIIT 12:10-12:40pm Nicole	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	Cardio Sculpt 4:30-5pm	Yoga Fusion 4:30-5:15pm
Core Flow 6:45-6:55pm Trinh	Low Impact Sweat 6:45-6:55pm	Stretch 6:45-6:55pm
Yoga 7-7:45pm <i>Trinh</i>	Zumba 7-7:30pm	Strong 7-7:30pm
Triple Target 9-9:30pm	Strong 9-9:30pm	HIIT 9-9:30pm

Register and join class

All sessions stream live



my-fitness.ca

in your time zone and class descriptions.

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	
	Stretch 9:30am	Nicole	Ride 10 - 10:30am		Core Flow 12-12:10pm		Core Circuit 12-12:10pm	
Lisa	Stretch : Neck & Shoulder 11:30-11:45am	Nicole	Stretch 11:30-11:45am	Alissa	Yoga Fusion 1-1:45		Triple Target 1-1:30	
Lisa	Upper Body Burn 11:50am-12pm	Nicole	Core Circuit 11:50am-12pm	Alissa	Upper Body Burn 2-2:10pm		Lower Body Burn 2-2:10pm	
Lisa	Sculpted Sweat 12:10-12:40pm	Nicole	Combat Cardio 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	Head to my-fitness.ca to see full class descriptions 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	HIIT 4:30-5pm		Strong 4:30-5pm					
	Core Circuit 6:45-6:55pm		Energize Stretch 6:45-7pm					
	Triple Target 7-7:30pm	Caitlynn	Cardio Boxing 7-7:30pm					
	Ride 9-9:30pm		Yoga 9-9:30pm					

Classes via the myFitness Member Portal or App.

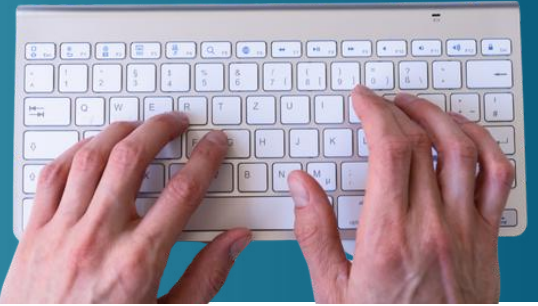
Join on Zoom. The passcode to join is virtual.



info@my-fitness.ca

Join the crowd, Join a Virtual 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*



A Virtual 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.



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

A Virtual Community Group

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

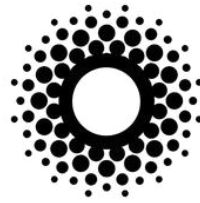
Burnout doesn't happen overnight. It often builds slowly through ongoing stress, depleted energy, poor boundaries, and not enough time to recharge.

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^{un} Ltd

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

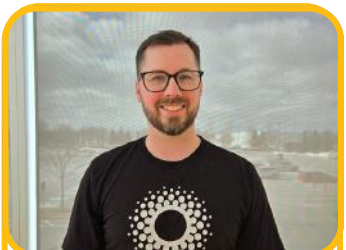
Wednesday,
October 21



**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



myFitness
Virtual

FEELING STRESSED?

TAKE A 10 MINUTES
CALM SESSION
ON MYFITNESS
VIRTUAL



Reset
your mind



Reduce
stress



Feel more
balanced



More energy
for your shift

Join today for FREE!

Visit my-fitness.ca/virtualclasses

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 my-fitness.ca/virtualclasses

myFitness
Virtual

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

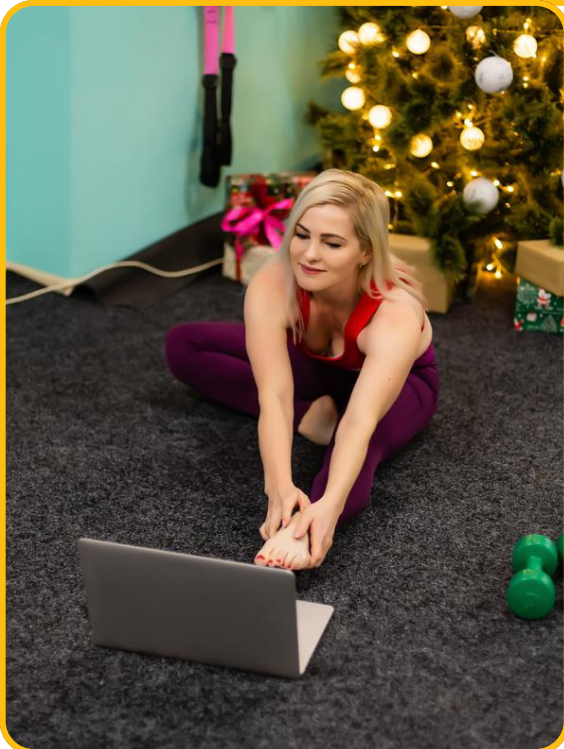


The 12 days of FITNESS

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!

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!**

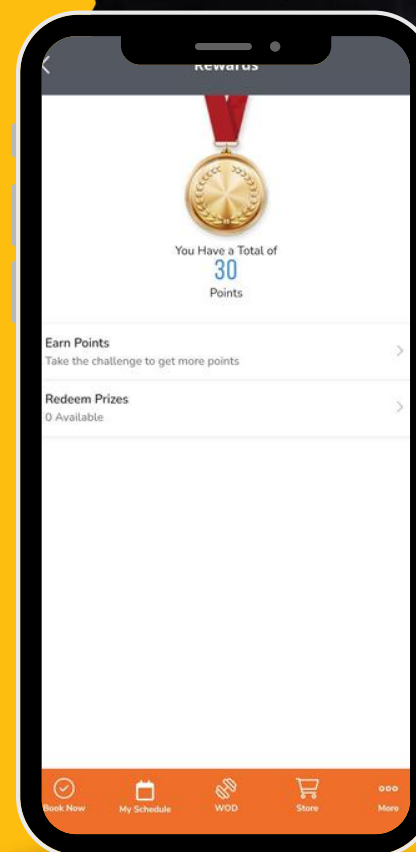
Tracking your progress is easy, just check your points in the myFitness webportal to see how close you are to your next ballot. The more you participate, the more points you earn, and the better your chances of winning.

And now, bonus points are here!

To help you stay motivated throughout the year, we're highlighting a different class style each month. When you join one of these targeted sessions, you'll automatically earn 2 points instead of 1.

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!

my Fitness
Virtual

my-fitness.ca
info@my-fitness.ca

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