

myFitness
Virtual

PROGRAM GUIDE

VIRTUAL FITNESS &
WELLNESS PROGRAM

SPRING 2025

Learn to walk or run this spring
with the **Journey to 5k** ~ page 9

LIV unLtd

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[FIND MORE AT HTTPS://MY-FITNESS.CA](https://my-fitness.ca)

Welcome to myFitness Virtual!

Welcome to myFitness - the Sun Life Employee Wellness Program.

myFitness Virtual is free of charge to all employees of SunLife.

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 myFitness Virtual Membership today!

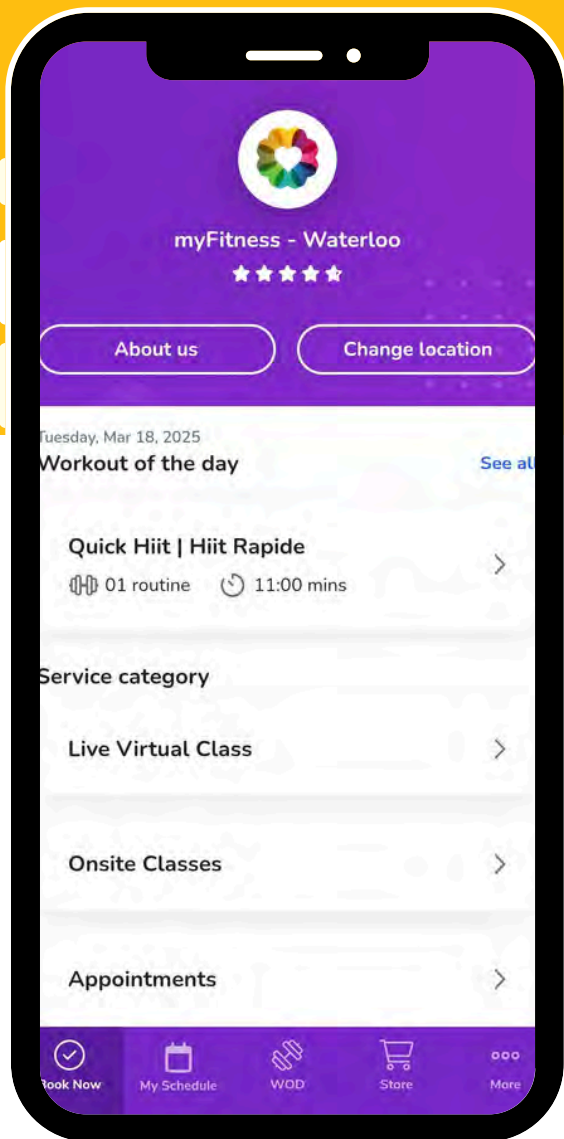


About the cover:

As the spring weather approaches, getting outside and active is a great way to boost your mood and activity levels. myFitness Virtual is launching our Journey to 5K program in April - a 9 week journey to learn how to walk or run 5 Km. Learn more on page 9 or find it in your Achieve app!

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.

GET THE APP STAY CONNECTED



With the Achieve app you get:

- **Sessions at your Finger Tips**
Book into a class, reserve your spot in a workshop, or join a challenge all from your phone or tablet!
- **Workout of the Day**
This app-exclusive feature offers daily special workouts, along with access to exclusive events like the Sleep Challenge, Learn to Walk/Run programs, and more!
- **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!



VIRTUAL CLASS SCHEDULE

April 1 - June 27, 2025



Class times displayed in Eastern Time. [CLICK HERE](#) to view in your time zone and class descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Flow 6:55-7:05am <i>Amanda</i>	Upper Body Burn 6:55-7:05am <i>Paige</i>	Core Circuit 6:55-7:05am <i>Deb</i>	Lower Body Burn 6:55-7:05am <i>Lisa</i>	Core Flow 6:55-7:05am <i>Ann</i>	BodyPump 9-9:45pm ▶ LESMILLS	Dance 9-9:45pm ▶ LESMILLS
HIIT 7:10 - 7:40am <i>Amanda</i>	Cardio Sculpt 7:10 - 7:40am <i>Paige</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	HIIT 7:10 - 7:40am <i>Ann</i>	BodyCombat 10-10:45am ▶ LESMILLS	BodyAttack 10-10:45am ▶ LESMILLS
Mobility Boost 7:45 - 7:55am <i>Amanda</i>	Mobility Boost 7:45 - 7:55am <i>Paige</i>	Mobility Boost 7:45 - 7:55am <i>Deb</i>	Core Flow 7:45 - 7:55am <i>Lisa</i>	Mobility Boost 7:45 - 7:55am <i>Ann</i>	BodyAttack 11-11:45am ▶ LESMILLS	Core 11-11:45am ▶ LESMILLS
BodyPump 9 - 9:30am ▶ LESMILLS	BodyBalance 9 - 9:30am ▶ LESMILLS	BodyAttack 9 - 9:30am ▶ LESMILLS	Dance 9 - 9:30am ▶ LESMILLS	BodyCombat 9 - 9:30am ▶ LESMILLS	BodyBalance 12-12:45pm ▶ LESMILLS	Cycle 12-12:45pm ▶ LESMILLS
Stretch: Legs & Wrists 11:30-11:45am <i>Caitlynn</i>	Stretch 11:30-11:45am <i>Amanda</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Amanda</i>	Stretch 11:30-11:45am <i>Lisa</i>	Stretch: Back & Posture 11:30-11:45am <i>Maria</i>	Dance 1-1:45 ▶ LESMILLS	BodyPump 1-1:45 ▶ LESMILLS
Core Circuit 11:50am-12pm <i>Caitlynn</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Upper Body Burn 11:50am-12pm <i>Lisa</i>	Core Circuit 11:50am-12pm <i>Maria</i>	Core 2-2:45pm ▶ LESMILLS	BodyCombat 2-2:45pm ▶ LESMILLS
Cardio Sculpt 12:10-12:40pm <i>Brenda</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	HIIT 12:10-12:40pm <i>Brenda</i>	Cardio Sculpt 12:10-12:40pm <i>Lisa</i>	Strong 12:10-12:40pm <i>Maria</i>	Cycle 3-3:45pm ▶ LESMILLS	BodyBalance 3-3:45pm ▶ LESMILLS
Calm: Breath 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm ▶	Calm: Visualize 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm ▶	Quick Calm 1:30-1:40pm <i>Mat</i>	<p>Head to my-fitness.com/virtual 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 ▶ LESMILLS Les Mills On Demand 	
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Amanda</i>	Stretch 1:50-2pm <i>Paige</i>		
Strong 2:10-2:40pm <i>Caitlynn</i>	Cycle 2:10-2:40pm ▶ LESMILLS	Zumba 2:10-2:40pm <i>Caitlynn</i>	Core 2:10-2:40pm ▶ LESMILLS	Low Impact 2:10-2:40pm ▶ LESMILLS		
Stretch Upper Body 5-5:15pm ▶ LESMILLS	BodyBalance 5-5:15pm ▶ LESMILLS	Yoga Fusion 4:30-5:15pm <i>Trinh</i>	Stretch Hip Mobility 5-5:15pm ▶ LESMILLS	Stretch Spine Mobility 5-5:15pm ▶ LESMILLS		
Core Flow 6:45-6:55pm <i>Trinh</i>	BodyPump Upper Body 6:45-7pm ▶ LESMILLS	Core Circuit 6:45-6:55pm ▶	BodyPump Lower Body 6:45-7pm ▶ LESMILLS	BodyPump Arms 6:45-7pm ▶ LESMILLS		
Yoga 7-7:45pm <i>Trinh</i>	Grit: Athletic 7-7:30pm ▶ LESMILLS	Cardio Sculpt 7-7:30pm ▶	Grit: Cardio 7-7:30pm ▶ LESMILLS	Grit: Strength 7-7:30pm ▶ LESMILLS		
BodyBalance 9-9:30pm ▶ LESMILLS	BodyCombat 9-9:30pm ▶ LESMILLS	BodyPump 9-9:30pm ▶ LESMILLS	Cycle 9-9:30pm ▶ LESMILLS	BodyAttack 9-9:30pm ▶ LESMILLS		

Register and join classes via the myFitness Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.

my-fitness.ca

info@my-fitness.ca

myFitness + LES MILLS



Les Mills - a global leader in group fitness classes - has over 300 on demand videos available in the myFitness platform. These sessions are a part of our class schedule and are a great addition to our live streaming classes!

Greater Variety of Workouts:

Les Mills offers a broad range of classes, including strength training, HIIT, dance, yoga, Pilates, and even kids' workouts.

Innovative Content:

Options like immersive cycling experiences (e.g., The Trip) provide unique offerings not typically found in live sessions.

Family-Friendly Options: Dedicated programs for kids and youth allow you to incorporate fitness into your family's routines.

These classes can be found in our schedule and booked like a live streaming session, or in your On Demand section under the Les Mills heading.

[CLICK HERE](#) to watch a short video about Les Mills On Demand.



stackable workouts



SHORT

all workouts are 12 minutes or less



EASY TO FOLLOW

choose your workout, press play, follow along with modifications and timers



EQUIPMENT OR NO EQUIPMENT

use what you have or nothing at all - option to choose body weight or dumbbell/weighted sessions



CREATE A CUSTOM WORKOUT

use one session for an exercise break, or stack two, three or even four sessions together to build a customized, catered workout just for you

Find Stackable Workouts in your On Demand section or learn more by visiting us online at my-fitness.ca/stackable.



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!

APRIL 2025 EVENTS



RECIPE CHALLENGE

COOK. SHARE. INSPIRE.

Recipe Challenge

Join our Recipe Challenge and discover new, delicious, and healthy meals to add to your weekly rotation! Each week, we'll focus on a different recipe theme, but the spotlight is on YOU to create and share your own recipes based on the weekly theme. By the end of the challenge, we'll have a complete collection of recipes focused on diverse goals, from high-protein meals to time-saving dinners, all curated by our incredible community.

[CLICK HERE](#) to learn more!



JOURNEY TO 5K

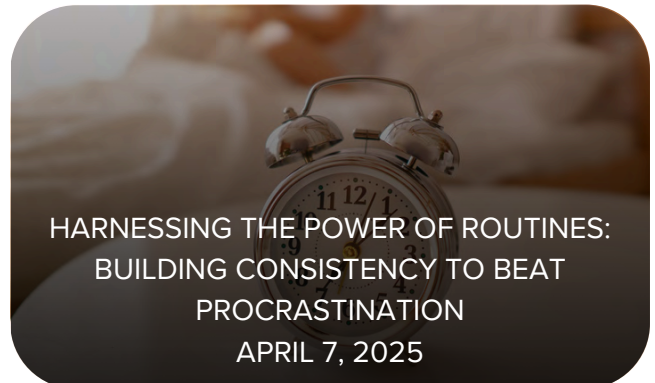
Journey to 5K

This 9-week guided program will help you walk, jog, or run your way to 5K—no experience required. With a structured plan, expert support, and a welcoming community, you'll build endurance, strength, and confidence at your own pace.

[CLICK HERE](#) to learn more!

WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



APRIL 2025 SPECIAL EVENT

International Dance Day



Tuesday, April 29, 2025



1:10pm AT | 12:10pm ET | 11:10am
CT | 10:10 am MT | 9:10am PT

Join us on the International Dance Day for a 30-minute dance class filled with feel-good music and plenty of fun! It's the perfect opportunity to let loose, move your body, and enjoy a vibrant atmosphere with friends.

Find the class on your regular schedule in myFitness.

MAY 2025 EVENTS



SERENITY SQUARES

Serenity Squares (a mindful BINGO game)

Find Your Calm with Serenity Squares - May 5-16, 2025

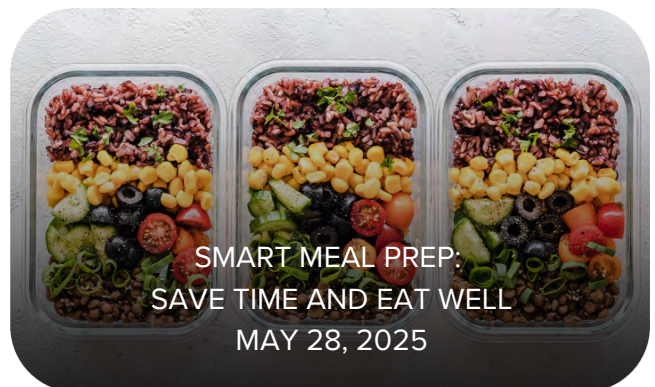
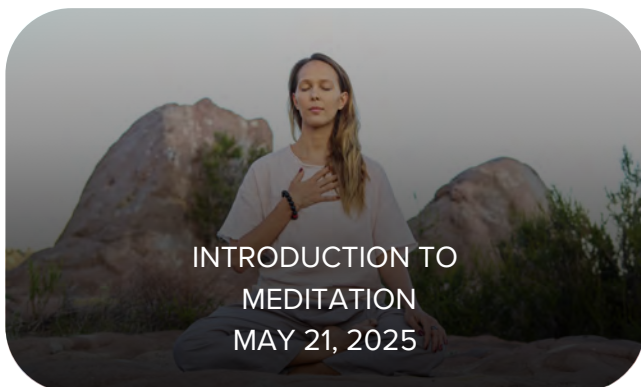
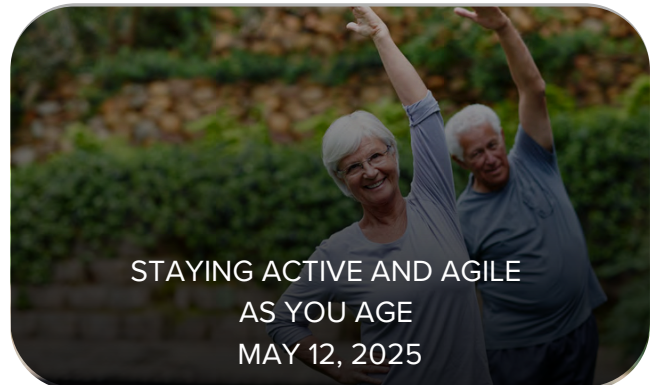
Looking for a fun and engaging way to build mindfulness into your daily routine? Serenity Squares is a BINGO-style challenge designed to help you pause, breathe, and bring more balance into your life—one mindful moment at a time!

From May 5-16, complete mindfulness activities to mark off squares on your Serenity Squares BINGO card, aiming for a full row, column, or even a blackout, and return your card for the chance to win \$25 gift card!

[CLICK HERE](#) to learn more!

WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



MAY 2025 SPECIAL EVENT

World Meditation Day



Wednesday, May 21, 2025



All Day

On May 21, join us in honoring World Meditation Day, a global reminder to slow down, breathe, and embrace the power of mindfulness.

To celebrate, myFitness Virtual is hosting special Calm sessions and an Intro to Meditation workshop—perfect for beginners and seasoned meditators alike! Whether you're looking to reduce stress, improve focus, or simply take a moment for yourself, these sessions will help you find your inner calm.

[CLICK HERE](#) to learn more.

JUNE 2025 EVENTS



The Fit & Refined Project

Take Back Control of Your Health, Energy & Confidence

Life is busy and it often feels like there's never enough time for yourself.

The Fit & Refined Project is a 4-week transformation program designed to help you reclaim your energy, build strength, and feel more confident—without extreme workouts or impossible diets!

[CLICK HERE](#) to learn more!



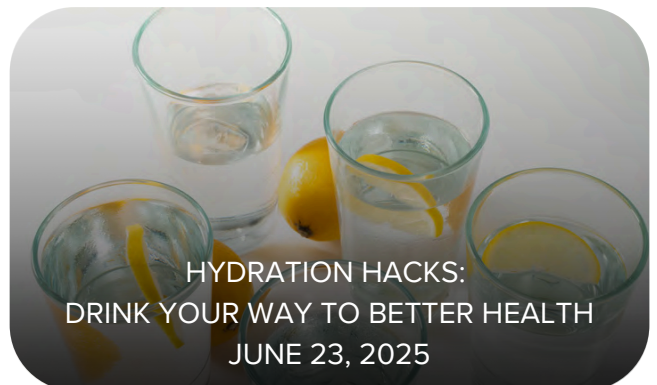
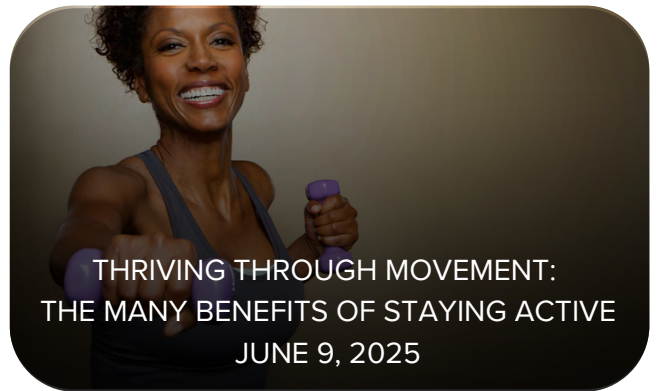
Feel Good 5K Virtual Fun Run:

The Feel Good 5K isn't just about crossing the finish line—it's about celebrating movement, energy, and feeling great in your body. Whether you run, jog or walk, this event is for EVERYONE.

[CLICK HERE](#) to learn more!

WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



JUNE 2025 SPECIAL EVENT

Flow INTO INTERNATIONAL DAY OF YOGA



June 16 - 21

Celebrate International Yoga Day with a journey of movement and mindfulness!

From June 16-20, join us for Flow into International Yoga Day, a special 5-day challenge featuring daily 10-minute on-demand yoga flows designed to help you build strength, flexibility, and presence.

Then, on June 21, take your practice to the next level with two live virtual yoga classes, where you'll connect, flow, and fully embrace the joy of yoga.

Complete the 5 day challenge and attend one live event to be entered into a prize draw!

[CLICK HERE](#) to learn more.

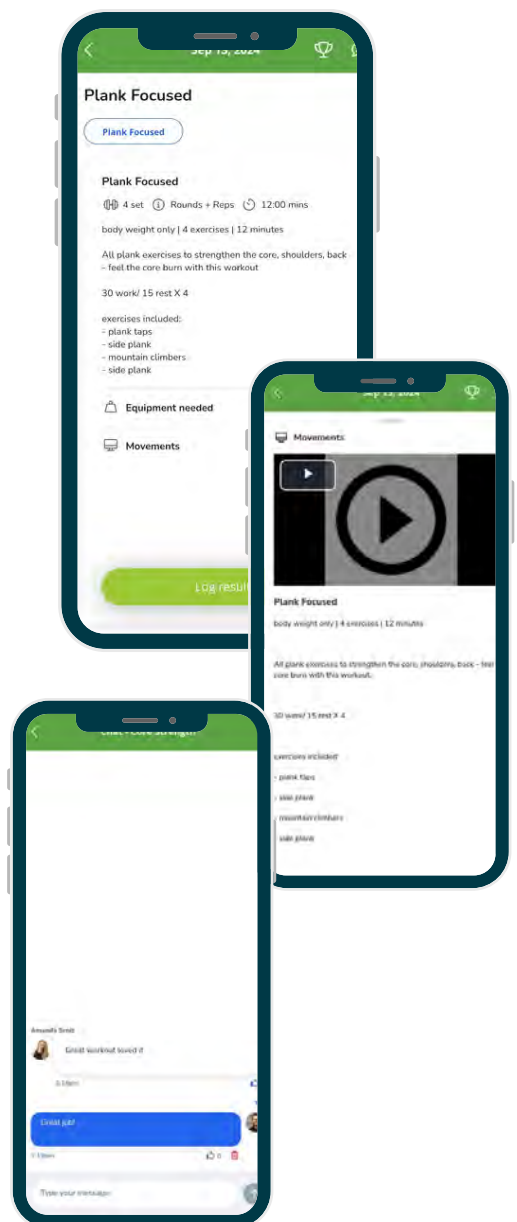
WORKOUT OF THE DAY



STAY ACTIVE WITH FLEXIBLE DAILY WODS

Keep your fitness routine adaptable and enjoyable with our **Workout of the Day (WOD)** program, available anytime through our app. Each day brings a fresh workout you can do on your schedule, complete with follow-along videos and helpful tips to guide your progress.

For extra motivation, we include mini challenges to keep things interesting, and when you're done, you can share your experience in the in-app chat to earn points toward our rewards program. It's the perfect way to stay active, on your own time, while working toward your fitness goals.



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.

Rack up 10 points, and you'll receive a ballot for our monthly draw for a \$25 gift card!

Tracking your progress is easy—just check your points in the myFitness 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!

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!

