

WellNorth PROGRAM GUIDE

VIRTUAL FITNESS &
WELLNESS PROGRAM

SUMMER 2025

Get set to relax to the MAX
~ Page 11

LIVunLtd

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[FIND MORE AT WWW.WELL-NORTH.COM](http://WWW.WELL-NORTH.COM)

Welcome to WellNorth!

Welcome to WellNorth - 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 WellNorth
Membership today!**

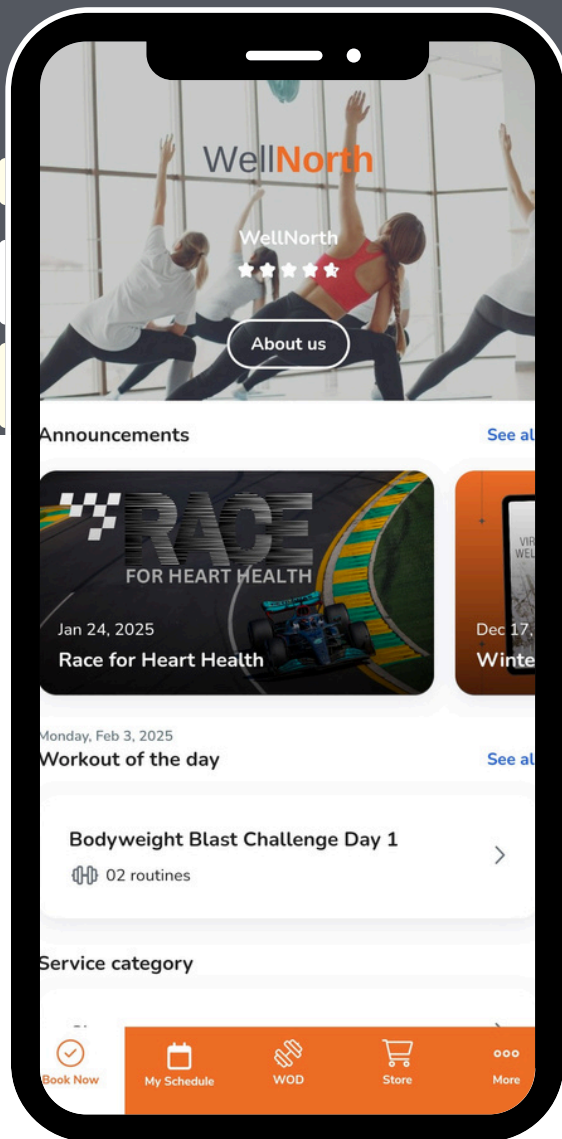


About the cover:

August 15 is International Relaxation Day—a global reminder to slow down, unwind, and prioritize your well-being. To help you with this, be sure to check out our Relaxation Reboot - one week of relaxation tips, concluding with a restorative yoga session on August 15. Learn more on page 11.

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 WellNorth app you get:

- **Push Notificaions**
Never miss a class or workshop again with confirmation and reminder notifications
- **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!



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Class times displayed in Eastern Time. [CLICK HERE](#) to see times 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 Circuit 6:55-7:05am <i>Ann</i>	BodyPump 9-9:45pm ▶ LES MILLS	Dance 9-9:45pm ▶ LES MILLS							
Cardio Sculpt 7:10 - 7:40am <i>Amanda</i>	Core Fusion 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 ▶ LES MILLS	BodyAttack 10-10:45am ▶ LES MILLS							
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 ▶ LES MILLS	Core 11-11:45am ▶ LES MILLS							
BodyPump 9 - 9:30am ▶ LES MILLS	BodyBalance 9 - 9:30am ▶ LES MILLS	BodyAttack 9 - 9:30am ▶ LES MILLS	Dance 9 - 9:30am ▶ LES MILLS	BodyCombat 9 - 9:30am ▶ LES MILLS	BodyBalance 12-12:45pm ▶ LES MILLS	Cycle 12-12:45pm ▶ LES MILLS							
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 ▶ LES MILLS	BodyPump 1-1:45 ▶ LES MILLS							
Upper Body Burn 11:50am-12pm <i>Caitlynn</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Circuit 11:50am-12pm <i>Lisa</i>	Core Flow 11:50am-12pm <i>Maria</i>	Core 2-2:45pm ▶ LES MILLS	BodyCombat 2-2:45pm ▶ LES MILLS							
Strong 12:10-12:40pm <i>Brenda</i>	HIIT 12:10-12:40pm <i>Amanda</i>	Cardio Sculpt 12:10-12:40pm <i>Brenda</i>	Strong 12:10-12:40pm <i>Lisa</i>	Cardio Sculpt 12:10-12:40pm <i>Maria</i>	Cycle 3-3:45pm ▶ LES MILLS	BodyBalance 3-3:45pm ▶ LES MILLS							
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>									
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>Paige</i>	Stretch 1:50-2pm ▶									
Cardio Sculpt 2:10-2:40pm <i>Caitlynn</i>	Cycle 2:10-2:40pm ▶ LES MILLS	Zumba 2:10-2:40pm <i>Caitlynn</i>	Core 2:10-2:40pm ▶ LES MILLS	Low Impact 2:10-2:40pm ▶ LES MILLS									
Stretch Upper Body 5-5:15pm ▶ LES MILLS	BodyBalance 5-5:15pm ▶ LES MILLS	Yoga Fusion 4:30-5:15pm <i>Trinh</i>	Stretch Hip Mobility 5-5:15pm ▶ LES MILLS	Stretch Spine Mobility 5-5:15pm ▶ LES MILLS									
Core Flow 6:45-6:55pm <i>Trinh</i>	BodyPump Upper Body 6:45-7pm ▶ LES MILLS	Core Circuit 6:45-6:55pm ▶	BodyPump Lower Body 6:45-7pm ▶ LES MILLS	BodyPump Arms 6:45-7pm ▶ LES MILLS									
Yoga 7-7:45pm <i>Trinh</i>	Grit: Athletic 7-7:30pm ▶ LES MILLS	Cardio Sculpt 7-7:30pm ▶	Grit: Cardio 7-7:30pm ▶ LES MILLS	Grit: Strength 7-7:30pm ▶ LES MILLS									
BodyBalance 9-9:30pm ▶ LES MILLS	BodyCombat 9-9:30pm ▶ LES MILLS	BodyPump 9-9:30pm ▶ LES MILLS	Cycle 9-9:30pm ▶ LES MILLS	BodyAttack 9-9:30pm ▶ LES MILLS									

Mindfulness

10 minute class

15 minute class

30 minute class

45 minute class

▶

On Demand Video

▶ **LES MILLS**

Les Mills On Demand

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



well-north.com



wellnorth@ivunltd.com



EXPERIENCE LES MILLS VIRTUAL

HUNDREDS OF SCIENTIFICALLY-BACKED WORKOUTS,
IN CINEMATIC QUALITY, VIRTUALLY, ANYTIME.

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

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.



Looking for a Cycling Class?

Give RPM, Sprint or The Trip a try! Find them in the On Demand section!

LES MILLS
BODYPUMP

LES MILLS
BODYCOMBAT

LES MILLS
BODYBALANCE

LES MILLS
CORE

LES MILLS
BODYATTACK

LES MILLS
barre

LES MILLS
GRIT

LES MILLS
SH'BAM

LES MILLS
RPM

LES MILLS
sprint

LES MILLS
THE TRIP

LES MILLS
DANCE

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 customize, catered workout just for you

Find Stackable Workouts in your On Demand section or learn more by visiting us online at Well-North.com/stackable .



TEAM SESSIONS

with  Northern
COLLEGE

WellNorth

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 WellNorth, 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 wellnorth@livunltd.com to book your Team Session today!

 Northern
COLLEGE

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JULY 2025 EVENTS



The Summer Stampede

Saddle up for a month of fun and motivation with our **Summer Stampede Challenge**! Throughout July, every scheduled session you attend earns you one point toward your challenge total. Rack up 10 points, and you'll earn a ballot for our prize draw — an WellNorth water bottle!

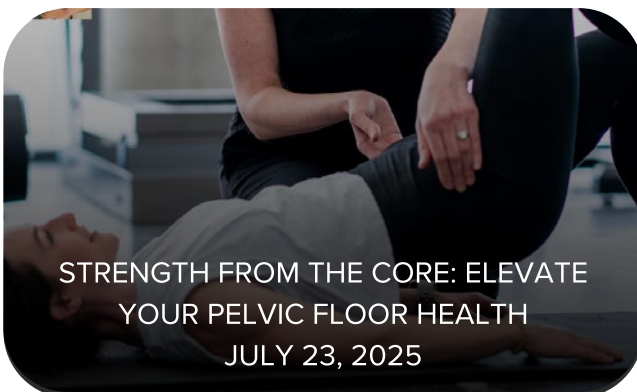


It's all about showing up, staying consistent, and celebrating your commitment to wellness. Hit up your favorite fitness classes, workshops, or wellness sessions, and get closer to your goals and your chances to win.

JOIN THE SUMMER STAMPEDE and make strides toward a stronger, healthier, and more vibrant you this summer. The more you show up, the more chances you'll have to win. Let's ride into wellness together!

WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



SPECIAL WELLNESS SERIES

Fitness through the Decades

30's •

40's •

50's •

60's •

Join us for a special workshop series exploring how to stay strong, active, and energized at every stage of life. **From your 30s to your 60s**, your body's needs change—and so should your approach to fitness.

Each session will highlight:

- ✓ How your body and metabolism shift by decade
- ✓ The best types of movement for strength, mobility, and longevity
- ✓ Tips for preventing injury and staying consistent
- ✓ Mindset and lifestyle strategies to support lasting wellness

Whether you're just getting started or looking to adjust your routine, this series will give you practical tools to feel your best at any age.

CLICK HERE to find and register for sessions.

AUGUST 2025 EVENTS



RECIPE CHALLENGE

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!



the RELAXATION REBOOT

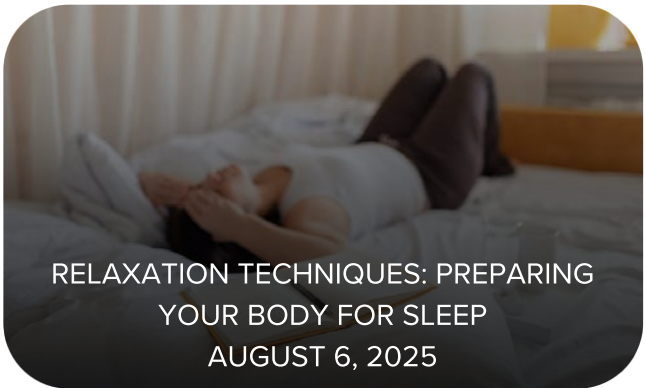
The Relaxation Reboot

5 days of relaxation, prizes to be won, and all culminating in a special Restorative Yoga session on International Relaxation Day on August 15.


Check out the next page for more details or [click here](#).

WORKSHOPS


CLICK ON AN IMAGE BELOW TO LEARN MORE



RELAXATION TECHNIQUES: PREPARING
YOUR BODY FOR SLEEP
AUGUST 6, 2025



FITNESS IN YOUR 40s: STAYING STRONG
AND PREVENTING INJURIES
AUGUST 11, 2025



SUGAR SMARTS: RECOGNIZING HIDDEN
SUGARS IN YOUR DIET
AUGUST 20, 2025



FIT IN THE KITCHEN -
SUMMER SALAD
AUGUST 25, 2025

AUGUST 2025 SPECIAL EVENT

the RELAXATION REBOOT

A 5-Day Challenge to Explore
What Helps You Truly Unwind



August 11-15, 2025

Feeling overwhelmed or stretched too thin?

Join the **Relaxation Reboot**, a 5-day challenge designed to help you pause, breathe, and reset. Each day features a short, calming practice—like guided breathing, gentle movement, or simple mindfulness—perfect for busy schedules and all experience levels.

On the final day of the challenge, you are invited to join us for a special virtual **Restorative Yoga practice** on National Relaxation Day.

[Click here](#) to learn more and join.

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 WellNorth 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!

