



**Nutrien FITNESS**

# PROGRAM GUIDE

VIRTUAL FITNESS &  
WELLNESS PROGRAM

SPRING 2025

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

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[FIND MORE AT WWW.NUTRIENFITNESS.COM](http://WWW.NUTRIENFITNESS.COM)



# Welcome to Nutrien Fitness!

## Welcome to Nutrien Fitness - 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 Nutrien Fitness Membership today!**



### About the cover:

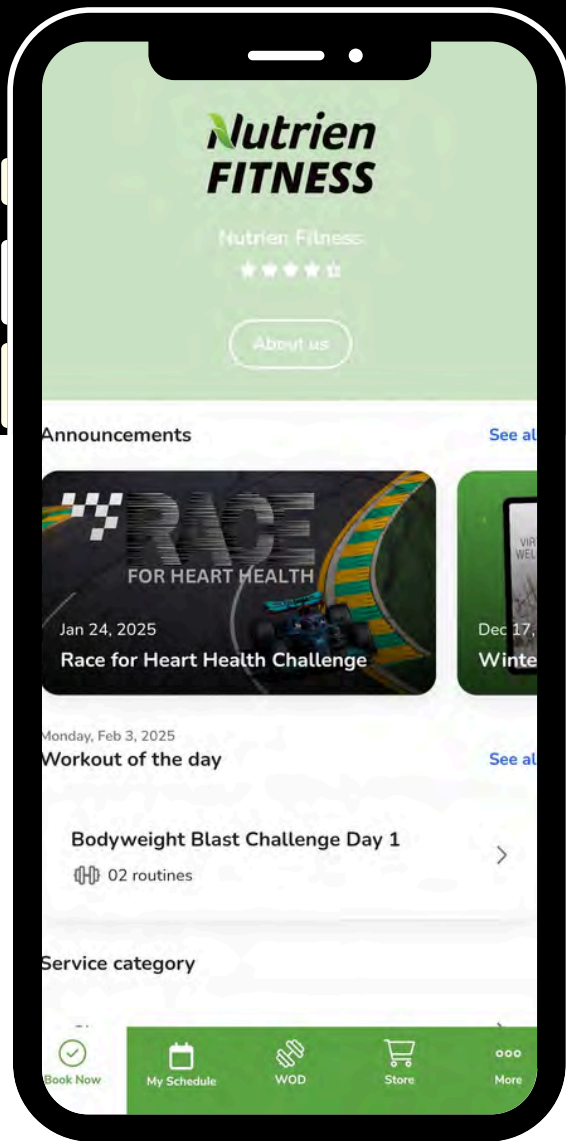
As the spring weather approaches, getting outside and active is a great way to boost your mood and activity levels. Nutrien Fitness is launching our Journey to 5K program in April - a 9 week journey to learn how to walk or run 5 Km. Learn more on page 9 or find it in your Nutrien Fitness app!

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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.



# GET THE APP STAY CONNECTED



## With the Nutrien Fitness 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 SCHEDULE

April 1 - June 27, 2025

# Nutrien FITNESS

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core Flow</b> 4:55-5:05am <i>Amanda</i>	<b>Upper Body Burn</b> 4:55-5:05am <i>Paige</i>	<b>Core Circuit</b> 4:55-5:05am <i>Deb</i>	<b>Lower Body Burn</b> 4:55-5:05am <i>Lisa</i>	<b>Core Flow</b> 4:55-5:05am <i>Ann</i>	<b>BodyPump</b> 7-7:45pm ↳ LESMILLS	<b>BodyPump</b> 7-7:45pm ↳ LESMILLS	<b>BodyPump</b> 7-7:45pm ↳ LESMILLS
<b>HIIT</b> 5:10 - 5:40am <i>Amanda</i>	<b>Cardio Sculpt</b> 5:10 - 5:40am <i>Paige</i>	<b>Strong</b> 5:10 - 5:40am <i>Deb</i>	<b>Yoga</b> 5:10 - 5:40am <i>Lisa</i>	<b>HIIT</b> 5:10 - 5:40am <i>Ann</i>	<b>BodyCombat</b> 8-8:45am ↳ LESMILLS	<b>BodyCombat</b> 8-8:45am ↳ LESMILLS	<b>BodyCombat</b> 8-8:45am ↳ LESMILLS
<b>Mobility Boost</b> 5:45 - 5:55am <i>Amanda</i>	<b>Mobility Boost</b> 5:45 - 5:55am <i>Paige</i>	<b>Mobility Boost</b> 5:45 - 5:55am <i>Deb</i>	<b>Core Flow</b> 5:45 - 5:55am <i>Lisa</i>	<b>Mobility Boost</b> 5:45 - 5:55am <i>Ann</i>	<b>BodyAttack</b> 9-9:45am ↳ LESMILLS	<b>BodyAttack</b> 9-9:45am ↳ LESMILLS	<b>BodyAttack</b> 9-9:45am ↳ LESMILLS
<b>BodyPump</b> 7 - 7:30am ↳ LESMILLS	<b>BodyBalance</b> 7 - 7:30am ↳ LESMILLS	<b>BodyAttack</b> 7 - 7:30am ↳ LESMILLS	<b>Dance</b> 7 - 7:30am ↳ LESMILLS	<b>BodyCombat</b> 7 - 7:30am ↳ LESMILLS	<b>BodyBalance</b> 10-10:45pm ↳ LESMILLS	<b>BodyBalance</b> 10-10:45pm ↳ LESMILLS	<b>BodyBalance</b> 10-10:45pm ↳ LESMILLS
<b>Stretch: Legs &amp; Wrists</b> 9:30-9:45am <i>Caitlynn</i>	<b>Stretch</b> 9:30-9:45am <i>Amanda</i>	<b>Stretch: Neck &amp; Shoulder</b> 9:30-9:45am <i>Amanda</i>	<b>Stretch</b> 9:30-9:45am <i>Lisa</i>	<b>Stretch: Back &amp; Posture</b> 9:30-9:45am <i>Maria</i>	<b>Dance</b> 11-11:45am ↳ LESMILLS	<b>Dance</b> 11-11:45am ↳ LESMILLS	<b>Dance</b> 11-11:45am ↳ LESMILLS
<b>Core Circuit</b> 9:50am-10am <i>Caitlynn</i>	<b>Lower Body Burn</b> 9:50am-10am <i>Amanda</i>	<b>Core Flow</b> 9:50am-10am <i>Amanda</i>	<b>Upper Body Burn</b> 9:50am-10am <i>Lisa</i>	<b>Core Circuit</b> 9:50am-10am <i>Maria</i>	<b>Core</b> 12-12:45pm ↳ LESMILLS	<b>Core</b> 12-12:45pm ↳ LESMILLS	<b>Core</b> 12-12:45pm ↳ LESMILLS
<b>Cardio Sculpt</b> 10:10-10:40pm <i>Brenda</i>	<b>Cardio Boxing</b> 10:10-10:40pm <i>Amanda</i>	<b>HIIT</b> 10:10-10:40pm <i>Brenda</i>	<b>Cardio Sculpt</b> 10:10-10:40pm <i>Lisa</i>	<b>Strong</b> 10:10-10:40pm <i>Maria</i>	<b>Cycle</b> 1-1:45pm ↳ LESMILLS	<b>Cycle</b> 1-1:45pm ↳ LESMILLS	<b>Cycle</b> 1-1:45pm ↳ LESMILLS
<b>Calm: Breath</b> 11:30-11:4am <i>Mat</i>	<b>Calm</b> 11:30-11:4am ▶	<b>Calm: Visualize</b> 11:30-11:4am <i>Mat</i>	<b>Calm</b> 11:30-11:4am ▶	<b>Quick Calm</b> 11:30-11:4am <i>Mat</i>	Head to <a href="https://nutrienfitness.com">nutrienfitness.com</a> to see full class descriptions		
<b>Stretch</b> 11:50-12pm <i>Caitlynn</i>	<b>Stretch</b> 11:50-12pm <i>Ann</i>	<b>Stretch</b> 11:50-12pm <i>Caitlynn</i>	<b>Stretch</b> 11:50-12pm <i>Amanda</i>	<b>Stretch</b> 11:50-12pm <i>Paige</i>	<b>Mindfulness</b>	<b>Mindfulness</b>	<b>Mindfulness</b>
<b>Strong</b> 12:10-12:40pm <i>Caitlynn</i>	<b>Cycle</b> 12:10-12:40pm ↳ LESMILLS	<b>Zumba</b> 12:10-12:40pm <i>Caitlynn</i>	<b>Core</b> 12:10-12:40pm ↳ LESMILLS	<b>Low Impact</b> 12:10-12:40pm ↳ LESMILLS	<b>10 minute class</b>	<b>10 minute class</b>	<b>10 minute class</b>
<b>Stretch Upper Body</b> 3-3:15pm ↳ LESMILLS	<b>BodyBalance</b> 3-3:15pm ↳ LESMILLS	<b>Yoga Fusion</b> 2:30-3:15pm <i>Trinh</i>	<b>Stretch Hip Mobility</b> 3-3:15pm ↳ LESMILLS	<b>Stretch Spine Mobility</b> 3-3:15pm ↳ LESMILLS	<b>15 minute class</b>	<b>15 minute class</b>	<b>15 minute class</b>
<b>Core Flow</b> 4:45-4:55pm <i>Trinh</i>	<b>BodyPump Upper Body</b> 4:45-5pm ↳ LESMILLS	<b>Core Circuit</b> 4:45-4:55pm ▶	<b>BodyPump Lower Body</b> 4:45-5pm ↳ LESMILLS	<b>BodyPump Arms</b> 4:45-5pm ↳ LESMILLS	<b>30 minute class</b>	<b>30 minute class</b>	<b>30 minute class</b>
<b>Yoga</b> 5-5:45pm <i>Trinh</i>	<b>Grit: Athletic</b> 5-5:30pm ↳ LESMILLS	<b>Cardio Sculpt</b> 5-5:30pm ▶	<b>Grit: Cardio</b> 5-5:30pm ↳ LESMILLS	<b>Grit: Strength</b> 5-5:30pm ↳ LESMILLS	<b>45 minute class</b>	<b>45 minute class</b>	<b>45 minute class</b>
<b>BodyBalance</b> 7-7:30pm ↳ LESMILLS	<b>BodyCombat</b> 7-7:30pm ↳ LESMILLS	<b>BodyPump</b> 7-7:30pm ↳ LESMILLS	<b>Cycle</b> 7-7:30pm ↳ LESMILLS	<b>BodyAttack</b> 7-7:30pm ↳ LESMILLS	<b>On Demand Video</b>	<b>On Demand Video</b>	<b>On Demand Video</b>

Head to [nutrienfitness.com](https://nutrienfitness.com) to see full class descriptions

- Mindfulness
- 10 minute class
- 15 minute class
- 30 minute class
- 45 minute class
- ▶ On Demand Video
- ▶ LESMILLS Les Mills On Demand

Register and join classes via the Nutrien Fitness Member Portal or App. All sessions stream on Zoom. The passcode to join is virtual.  
[nutrienfitness.com](https://nutrienfitness.com)    [nutrienfitness@livunltd.com](mailto:nutrienfitness@livunltd.com)



# Nutrien FITNESS + LES MILLS



Les Mills - a global leader in group fitness classes - has over 300 on demand videos available in the Nutrien Fitness 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 customize, catered workout just for you

Find Stackable Workouts in your On Demand section or learn more by visiting us online at [nutrienfitness.com/stackable](https://nutrienfitness.com/stackable).



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# TEAM SESSIONS

with ptimal  
by LIV<sub>unLtd</sub>

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 Nutrien Fitness, 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 [nutrienfitness@livuntld.com](mailto:nutrienfitness@livuntld.com) to book your Team Session today!

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# 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.

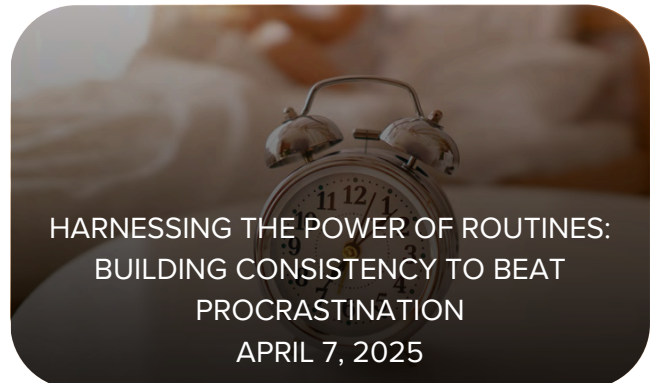
[CLICK HERE](#) to learn more!

## WORKSHOPS

CLICK ON AN IMAGE BELOW TO LEARN MORE



THE WALKING SOLUTION: HOW TO TAKE  
STEPS TO BETTER HEALTH  
APRIL 2, 2025



HARNESSING THE POWER OF ROUTINES:  
BUILDING CONSISTENCY TO BEAT  
PROCRASTINATION  
APRIL 7, 2025



MICRO MOVEMENT FOR MAXIMUM  
IMPACT  
APRIL 14, 2025



BODY SCAN MEDITATION: TUNE INTO  
YOURSELF  
APRIL 23, 2025

**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 Nutrien Fitness.

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# MAY 2025 EVENTS



## SERENITY SQUARES

### Serenity Squares (a mindful BINGO game)

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

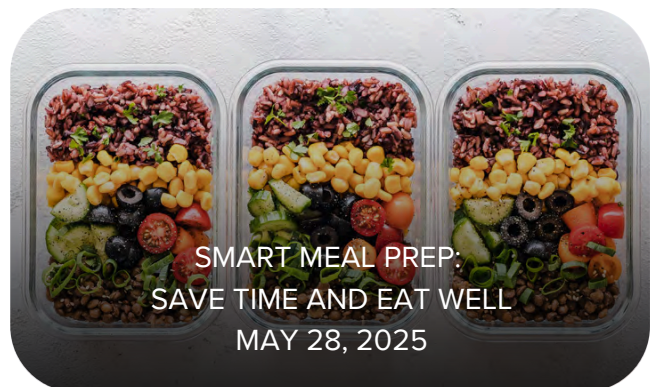
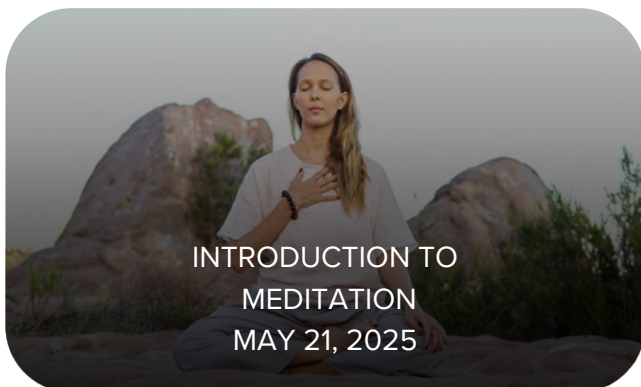
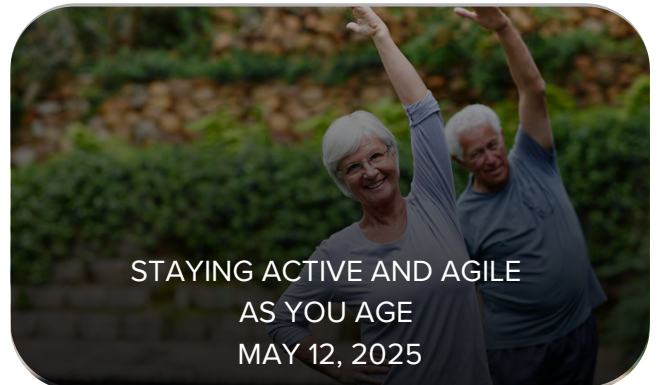
Looking for a fun and engaging way to build mindfulness into your daily routine? Serenity Squares is a BINGO-style challenge designed to help you pause, breathe, and bring more balance into your life—one mindful moment at a time!

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, Nutrien Fitness 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.

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# 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!



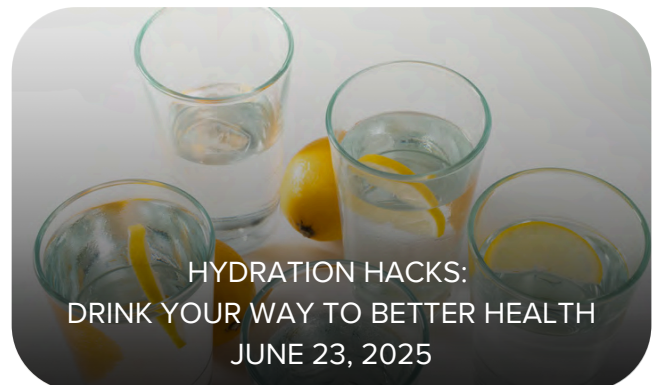
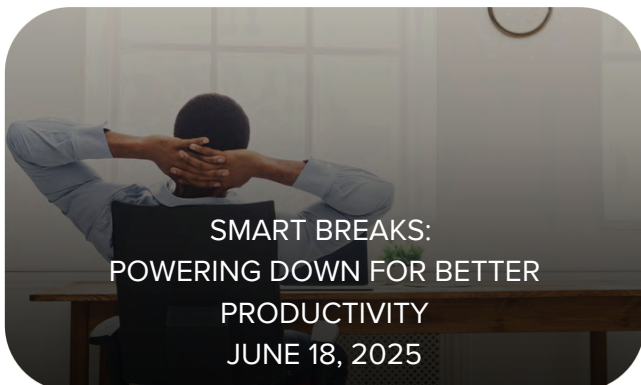
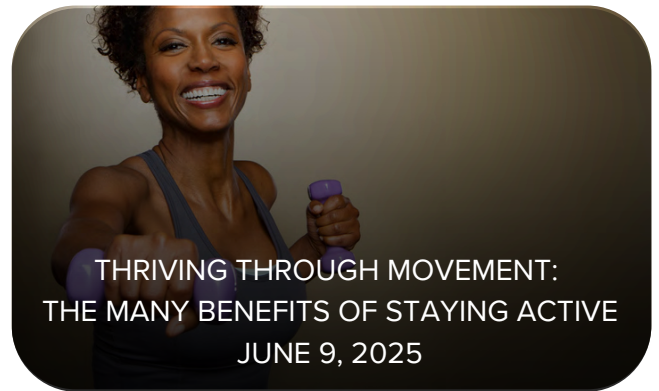
## Feel Good 5K Virtual Fun Run:

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.



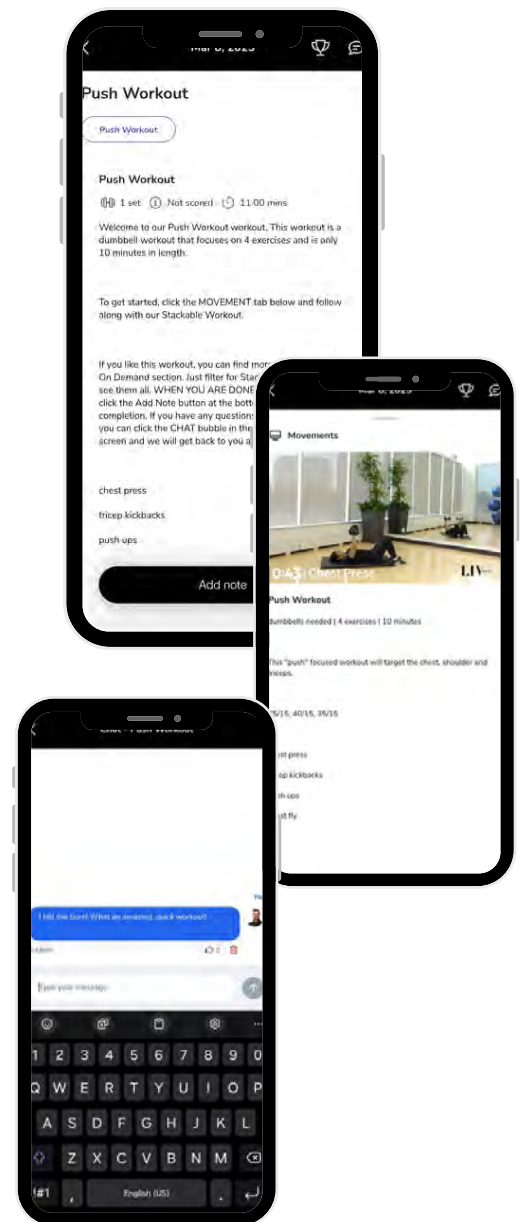
# WORKOUT OF THE DAY



## 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 Nutrien Fitness 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!

