

# LIVE STREAMING AND ON DEMAND CLASSES

Offer exclusive Live and On Demand fitness classes to your residents! Convenient and professional classes brought to your employees in the comfort of their homes. With Health and Wellness being an important element in today's fast moving world, individuals are constantly seeking ways to improve their lifestyle in the most effective and convenient way! Bring them a solution as an added benefit to their employment with Live with Love's Live Streaming and On Demand Fitness and Yoga Classes designed for all levels!

## What you get:

10 Classes/Week LIVE on Zoom

Employees receive access to the on demand library of previously recorded classes on a password protected webpage

All employees will have access to classes. No class size limits!

Additional Monthly workshops offered to employees at a discounted rate

## Live Stream Schedule MST

### **Monday**

930am- Full Body HIIT 50 min

8pm-Yin Yoga 50 min

### **Tuesday**

930am- Barre 50 min

### **Wednesday**

930am-Full Body HIIT 50 min

8pm- Yin Yoga

### **Thursday**

930am-Barre 50 min

### **Friday**

930am- Yoga Sculpt 50 min

### **Saturday**

10am- HIIT/Yin Yoga 50 min

### **Sunday**

11am- Yin

Costs:  
\$500/month

Contact:  
[sales@livewithlove.ca](mailto:sales@livewithlove.ca)  
[www.livewithlove.ca](http://www.livewithlove.ca)



LIVE WITH LOVE  
BODY. MIND. WELLNESS.

