



OUR PHILOSOPHY

Our sustainable, effective and holistic solutions are “**Designed with Balance in Mind**”. Achieving work/life balance delivers healthy and happy communities that bring a positive outlook to everyday environments resulting in an increase in productivity, and efficient daily practices. Our integrated mind-body fitness and wellness programs result in greater self-awareness and harmony which builds resiliency to remain grounded in the world in which we work, live and play.

Small group training classes

Spring 2018 (April 9th - June 21st)

| TIME | LOCATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--|-------------------------|---------------------------|-------------------------|--------------------------|--------|
| 7:00 pm | HealthStyles Studio Spa BARRHAVEN | Hatha Yoga Flow Tina | | | | |
| 7:15 pm | St. Mother Teresa High School BARRHAVEN | | Boot Camp Express Tina | | 7:00 PM Yin Yoga Tina | |
| 8:00 pm | HealthStyles Studio Spa BARRHAVEN | | | Power Core Yoga Tina | | |
| 8:15 pm | St. Mother Teresa High School BARRHAVEN | | TLC * Tina | | TLC * Tina | |

*TLC (Total Lifestyle Conditioning) includes: Boot Camp and Yoga
 All classes are 60 minutes in length with the exception of TLC, which is 75 minutes.
 No classes Monday, May 21st (Victoria Day) and Thursday, May 10th and May 31st.

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