



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

Winter 2019 (January 7th – March 29th) No classes March 12th – 16th.

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 Candlelight 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, 75 minute class

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