



## 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.

## Group Training late Summer/Early Fall Session Schedule

- ✓ **Outdoors in person. September 9<sup>th</sup> – October 28<sup>th</sup>, 2020.**
  - In an effort to maintain physical distancing, space is limited to 12 women.
  - All participants are required to provide their own weights, mat and personal hygiene/sanitizing items.
- ✓ **Online options will include: 1. September 8<sup>th</sup> – October 1<sup>st</sup>**
  - All-inclusive membership, day or evening sessions.

(click [REGISTER](#) to learn more)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 12:55 PM	Online “interactive” Zoom	Women with Weights	Hatha Yoga	HIIT	Core and More	
4:30 – 5:30 PM	Outdoors: Moloughney Park Barrhaven	HIIT (bootcamp)		HIIT (bootcamp)		
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga			Women with Weights	
7:30 – 8:45 PM	Online “interactive” Zoom		TLC (HIIT with yoga)	Yin Yoga		

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