



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 Fall Session Schedule: October 5th – December 10th, 2020**
- ✓ **Online options will include:**
 - All-inclusive membership, day or evening sessions \$199.00
 - Lunch ONLY \$139.00
 - Evening ONLY \$169.00
 - One class per week \$119.00

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

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 – 12:50 PM	Online “interactive” Zoom	Women with Weights	HIIT EXPRESS 12:00 – 12:30	Core & More		
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga			Women with Weights	
7:30 – 8:45 PM	Online “interactive” Zoom		TLC (HIIT/yoga) Goodnight Yoga Stretch 8:20 – 8:45	Yin Yoga		

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