



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 Winter Session Schedule (3 months) January 4th – March 28th, 2021**

(no classes February 15th and March Break: March 15 – March 19th)

✓ **Online options will include:**

- All-inclusive membership, day or evening sessions \$220.00
- Lunch ONLY \$175.00
- Evening ONLY \$185.00
- One class per week \$125.00

(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 ANNA 12:00 – 12:30	Core & More	Yoga Series ANNA	
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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