



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 Well-Being Classes Summer Session: July 5th to September 24th

Outdoors in person: July 5th – August 25th

- In an effort to maintain physical distancing, space is limited to 14 women.
- All participants are required to provide their own weights, mat and personal hygiene/sanitizing items.

- **Online options will include: 1 class per week or all-inclusive summer membership**

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

No classes from August 2nd to August 5th and Sept. 6th
All classes are taught by Tina unless indicated

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:15 AM	Outdoors: Barrhaven	TLC (HIIT with yoga)		TLC (HIIT with yoga)		
12:00 – 12:50 PM	Online “interactive” Zoom	Women with Weights	HIIT EXPRESS 30 minutes Laura Marie	Core & More	Yoga Series Kathy	
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga	HIIT	Yin Yoga	Women with Weights Tina/Anna	

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