



## 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.

## Online Group Well-Being Classes Spring Session: April 4<sup>th</sup> – June 16<sup>th</sup>, 2022

- Options will include: 1 class per week, 2 classes per week or all inclusive
- 2 weekly recordings will be available for all packages
- (click [REGISTER](#) to learn more)

**No classes April 18<sup>th</sup> Easter Monday or May 23<sup>rd</sup> Victoria Day**

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00 AM	Online “interactive” Zoom	Hatha Yoga Tina			Yoga Fusion Tina	
12:00 – 12:50 PM	Online “interactive” Zoom	Women with Weights Tina	11:30 – 12:00 PM Tabata EXPRESS 30 minutes Natalie	Core & More Tina	Hatha Yoga OR Pilates Kathy/Shelley	
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga Tina	HIIT Tina	Yin Yoga Tina	Women with Weights Tina	

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