



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 11th to September 16th

Outdoors in person: July 11th – August 31st, 2022

- o Space is limited to 14 women
- o All participants are required to provide their own weights and yoga mat

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

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

No classes from August 2nd to August 4th and Sept. 5th

View class [descriptions](#)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:10 AM	Outdoors: Barrhaven	TLC (HIIT with yoga)		TLC (HIIT with yoga)		
10:00 – 11:00 AM	Online “interactive” Zoom	Hatha Yoga			Yoga Fusion	
12:00 – 12:50 PM	Online “interactive” Zoom	Women with Weights	11:30 – 12:00 Tabata EXPRESS	Core & Weights	NEW!!! Mind/Body Balance	
7:30 – 8:30 PM	Online “interactive” Zoom		HIIT	NEW!!! Yang/Yin Yoga		

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