



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 Fall Session: October 3rd to December 16th, 2022

Barrhaven In person: St. Mother Teresa High School

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

Online options will include: 1 class per week, 2 class per week or all-inclusive membership

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

All classes taught by Tina unless indicated

No classes on October 10th Thanksgiving

View class [descriptions](#)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:30 PM	In-Person SMT Barrhaven		HITT/YOGA			
10:00 – 11:00 AM	Online “interactive” Zoom	Hatha Yoga Flow			Yoga Fusion	
12:00 – 12:50 PM	Online “interactive” Zoom	Women with Weights	11:30 – 12:00 HITT EXPRESS	Core & More	11:30 – 12:00 HITT EXPRESS Natalie	
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga Flow	HIIT TBA	Yin Yoga	Women with Weights	

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