



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 Winter Session: January 9th to March 23rd, 2023

Barrhaven In person: St. Mother Teresa High School

- o Space is limited to 14 women

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

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

No classes on February 20th Family Day and January 26th 7:30 PM weight training

View class [descriptions](#)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:30 PM	In-Person SMT Barrhaven		HITT/YOGA Tina			
10:00 – 11:00 AM	Online “interactive” Zoom	Hatha Yoga Flow Tina			Yoga Fusion Tina	
12:00 – 12:50 PM	Online “interactive” Zoom	Women with Weights Tina	11:30 – 12:00 HITT EXPRESS Tina	Core & More Tina	11:30 – 12:00 HITT EXPRESS Michelle	NEW!
6:30 – 7:30 PM	Online “interactive” Zoom	Mindfulness Meditation Community Circle Kathy				Well-Being Community Life Coaching Circle last weekend of each month Tina and Guests
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga Flow Tina	HIIT Michelle	Yin Yoga Tina	Women with Weights Tina	

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