



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 2nd – December 14th, 2023

Barrhaven In person: St. Mother Teresa High School

- Space is limited to 14 women
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Virtual options will include: 1 class per week, 2 class per week or all-inclusive membership

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

No classes on Monday, October 9th; Thanksgiving Day, No in -person HIIT/Yoga Tuesday, October 31st; Halloween
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		Core & More Tina		
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga Flow Tina		Yin Yoga Tina	Women with Weights Tina	