



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 2024

Barrhaven In person: July 2nd to August 27th Moloughney Park, 30 Wessex Rd. Limited to 14 women

Virtual with access to on demand recordings: over 50 workouts. July 3rd to September 12th.

Options: 1 class per week, 2 class per week or all-inclusive membership

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

Applicable to all in person and virtual classes:

- **No classes on Monday, August 5th (Civic Holiday), Monday, September 2nd (Labour Day)**
- **No classes week of August 5th to 8th**
- **View class [descriptions](#)**

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:10 AM	In-Person 30 Wessex Drive		HITT/YOGA Tina		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			Yin Yoga Tina		