



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 6th to March 21st, 2025

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

In Person options will include group training or group fitness class

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

No classes on Monday, February 17th; Family Day and March 11th 7:00 PM class and March 13th 4:30 and 7:00 PM classes. View class [descriptions](#)

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		
4:30 – 5:20 PM	In Person Group Training Barrhaven				Women with Weights Tina	
7:00 – 8:15 PM	In Person Barrhaven		HITT/YOGA Tina			
7:30 – 8:30 PM	Online “interactive” Zoom	Hatha Yoga Flow Tina		Yin Yoga Tina	Women with Weights Tina	