



### 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 Spring Session: April 7<sup>th</sup> to June 20<sup>th</sup>, 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, April 21<sup>st</sup> (Easter Monday), Monday, May 19<sup>th</sup> (Victoria Day) and Thursday, June 12<sup>th</sup>.  
View class [descriptions](#)

| TIME             | LOCATION                              | MONDAY                            | TUESDAY                  | WEDNESDAY                  | THURSDAY                          | FRIDAY |
|------------------|---------------------------------------|-----------------------------------|--------------------------|----------------------------|-----------------------------------|--------|
| 10:00 – 11:00 AM | Online “interactive” Zoom             | Hatha Yoga Flow<br><b>Tina</b>    |                          |                            | Yoga Fusion<br><b>Tina</b>        |        |
| 12:00 – 12:50 PM | Online “interactive” Zoom             | Women with Weights<br><b>Tina</b> |                          | Core & More<br><b>Tina</b> |                                   |        |
| 4:30 – 5:20 PM   | In Person Group Training<br>Barrhaven |                                   |                          |                            | Women with Weights<br><b>Tina</b> |        |
| 7:00 – 8:15 PM   | In Person<br>Barrhaven                |                                   | HITT/YOGA<br><b>Tina</b> |                            |                                   |        |
| 7:30 – 8:30 PM   | Online “interactive” Zoom             | Hatha Yoga Flow<br><b>Tina</b>    |                          | Yin Yoga<br><b>Tina</b>    | Women with Weights<br><b>Tina</b> |        |