

@tdsb Staff Wellness Workout Mornings. Each morning from **6:30 to 7:00 am** for the following:

**Zoom:** <https://tdsb-ca.zoom.us/j/96702244197?pwd=c2F6YkcwRFVxbjk2M280U0JUTmRCdz09>

**Meeting ID:** 967 0224 4197 **Passcode:** 050461

January		2021			#tdsbWellness
Dance on Monday	Fitness on Tuesday	Yoga on Wednesday	Fitness on Thursday	Meditation on Friday	
18	19	20	21	22	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i> This innovative group experience is a unique fusion of creative movement, strength work, stretching and stillness; all set to inspiring world music. Best part, when you move with Michelle.....You Can't Get it Wrong!"	<b>Shamsi Ladak</b> <i>COVID Crusher</i> This total bodyweight strength training workout will tone your body, and improve your endurance. No experience and no equipment required.	<b>Katy Livingstone</b> <i>Power Yoga, Vinyasa (flow) style</i> Lots of energizing poses to help start your day! We will finish with a rejuvenating savasana.	<b>Alisha Hunnisett</b> <i>Let's HIIT it! Full body workout.</i> No equipment needed and can be done in a small space! Get your day started with some movement!	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Mindfulness Beginners 10 minute meditation & conscious movement. This session will end with a brief Q & A about meditation.	
25	26	27	28	29	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i>	<b>Carter Livingstone</b> <i>Morning HIIT!</i> A high intensity bodyweight workout that will get the blood flowing and your HR up just in time for class!	<b>Shamsi Ladak</b> <i>COVID Chill</i> A full practice Vinyasa Flow Yoga class with a gentle warmup, a mix of standing poses, and deep stretches on the floor. All abilities welcome.	<b>Davin Yu</b> Circuit training using body-weight & timer! We might even throw in 1 or 2 boxing punches!	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Awareness 5 minute body scan & 10 minute meditation. This session will end with a gentle conscious movement to awaken the body.	



**Michelle Hillier**

- International presenter/speaker in the dance, fitness and creative movement education industry (TEDx)
- Post-secondary educator in the B.Ed and AQ courses for Ontario Tech U and York University
- Passionate workshop facilitator, program designer and content creator for movement programs



**Alisha Hunnisett**

- Physical and Health Education Teacher
- Fitness Enthusiast



**Shamsi Ladak**

- Certified personal trainer and fitness instructor with 22 years of experience.
- Specializing in strength training, injury rehabilitation and body transformation.
- Masters degree in counselling psychology; holistic coach that also focuses on mental & emotional well-being.



**Carter Livingstone**

- Fitness enthusiast, teaching the PAF course for the last 16 years.
- Former professional and CIS athlete.
- Multiple HPE PD presentations



**Katy Livingstone**

- ACL of Physical Education and Wellness at West Hill Collegiate
- Fitness Trainer and owner of Birchcliff Bootcamp, in-person and virtual training
- Registered Yoga Teacher (RYT200) and mom of 2!



**Davin Yu**

- Phys-Ed specialist with the TDSB
- PTS 10+ years and always learning new things about training while heavily into training Brazilian Jiu Jitsu and Boxing
- Passionate about inspiring others to take charge of his or her own health and well-being



**Natalie Slomka**

- Northview Heights SS
- Prioritizing wellness for myself and my students.

February		2021			#tdsbWellness
Dance on Monday	Fitness on Tuesday	Yoga on Wednesday	Fitness on Thursday	Meditation on Friday	
1	2	3	4	5	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i> This innovative group experience is a unique fusion of creative movement, strength work, stretching and stillness; all set to inspiring world music. Best part, when you move with Michelle.....You Can't Get it Wrong!"	<b>Shamsi Ladak</b> <i>COVID Crusher</i> This total bodyweight strength training workout will tone your body, and improve your endurance. No experience and no equipment required.	<b>Katy Livingstone</b> <i>Power Yoga, Vinyasa (flow) style</i> Lots of energizing poses to help start your day! We will finish with a rejuvenating savasana.	<b>Alisha Hunnisett</b> <i>Let's HIIT it! Full body workout.</i> No equipment needed and can be done in a small space! Get your day started with some movement!	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Gratitude 10 minute meditation & gratitude countdown. This session will end with a gentle conscious movement to awaken the body.	
8	9	10	11	12	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i>	<b>Carter Livingstone</b> <i>Morning HIIT!</i> A high intensity bodyweight workout that will get the blood flowing and your HR up just in time for class!	<b>Shamsi Ladak</b> <i>COVID Chill</i> A full practice Vinyasa Flow Yoga class with a gentle warmup, a mix of standing poses, and deep stretches on the floor. All abilities welcome.	<b>Davin Yu</b> Circuit training using body-weight & timer! We might even throw in 1 or 2 boxing punches!	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Self-Love 10 minute meditation & Squeeze/Release Activity This session will use progressive muscle relaxation by consciously tensing specific parts of the body to cue deeper relaxation.	
15	16	17	18	19	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i>	<b>Shamsi Ladak</b> <i>COVID Crusher</i>	<b>Katy Livingstone</b> <i>Power Yoga, Vinyasa (flow) style</i>	<b>Alisha Hunnisett</b> <i>Let's HIIT it! Full body workout.</i>	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Non-Judgement 5 Body Scan & 10 minute Meditation This session will end with a gentle conscious movement to awaken the body.	
22	23	24	25	26	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i>	<b>Carter Livingstone</b> <i>Morning HIIT!</i>	<b>Shamsi Ladak</b> <i>COVID Chill</i>	<b>Davin Yu</b> Circuit Training with Virtual Boxing	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Feelings 10 minute meditation & Gentle Stretch. This session will end with a gentle conscious movement to awaken the body.	

March		2021			#tdsbWellness
Dance on Monday	Fitness on Tuesday	Yoga on Wednesday	Fitness on Thursday	Meditation on Friday	
1	2	3	4	5	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i> This innovative group experience is a unique fusion of creative movement, strength work, stretching and stillness; all set to inspiring world music. Best part, when you move with Michelle.....You Can't Get it Wrong!"	<b>Shamsi Ladak</b> <i>COVID Crusher</i> This total bodyweight strength training workout will tone your body, and improve your endurance. No experience and no equipment required.	<b>Katy Livingstone</b> <i>Power Yoga, Vinyasa (flow) style</i> Lots of energizing poses to help start your day! We will finish with a rejuvenating savasana.	<b>Alisha Hunnisett</b> <i>Let's HIIT it! Full body workout.</i> No equipment needed and can be done in a small space! Get your day started with some movement!	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Intention Mindful bells and 10 minute meditation. This session will end with a gentle conscious movement to awaken the body.	
8	9	10	11	12	
<b>Michelle Hillier</b> <i>Jam 'n' Flow</i>	<b>Carter Livingstone</b> <i>Morning HIIT!</i> A high intensity bodyweight workout that will get the blood flowing and your HR up just in time for class!	<b>Shamsi Ladak</b> <i>COVID Chill</i> A full practice Vinyasa Flow Yoga class with a gentle warmup, a mix of standing poses, and deep stretches on the floor. All abilities welcome.	<b>Davin Yu</b> Virtual Boxing Rounds	<b>Natalie Slomka</b> <i>Morning Mindfulness</i> Theme: Resilience 10 minute meditation and counting breaths. This session will end with a gentle conscious movement to awaken the body.	