



RESORT ACTIVITIES SCHEDULE

[CLICK HERE TO RESERVE YOUR SPOT ONLINE](#)

For more information regarding Resort Activities, please contact Concierge at 780 852 6091, or visit the Concierge Desk located in the Main Lodge from 9:00 AM - 5:30 PM.

AVAILABLE DAILY

RunGo App | Press Reader App | **In-Room Sips of Wellness** | Digital Scavenger Hunt
Boathouse Lawn Games & Scavenger Hunt | Kids' Club open from 9:00 AM to 9:00 PM
Complimentary Hiking Backpack with Bear Spray & Board Game Rentals from the Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CONDITIONING CIRCUIT 8:30 AM - 9:30 PM at the Health Club *NOT AVAILABLE SEPTEMBER 10 & 24.</p>	<p>AQUAFIT 8:30 AM - 9:30 AM at the Pool *SEPTEMBER 4 CLASS IS AT 10:30 AM - 11:30 AM.</p>	<p>CANOE RACE 3:00 PM - 4:00 PM at the Boathouse</p>	<p>KAYAK RACE 3:00 PM - 4:00 PM at the Boathouse</p>	<p>FLEX IT, STRETCH IT 10:00 AM - 11:00 AM at the Health Club</p>	<p>CONDITIONING CIRCUIT 8:30 AM - 9:30 AM at the Health Club *NOT AVAILABLE SEPTEMBER 8 & 22.</p>	<p>AQUA PILATES 9:00 AM - 10:00 AM at the Health Club *NOT AVAILABLE SEPTEMBER 30.</p>
<p>FAMILY SWIM 10:00 AM - 12:00 PM at the Pool</p>	<p>KAYAK RACE 3:00 PM - 4:00 PM at the Boathouse</p>	<p>CIRQUE SUPER STRETCH 5:30 PM - 6:30 PM at the Health Club</p>	<p>FLOW YOGA 5:30 PM - 6:30 PM at the Health Club *SEPTEMBER 6 CLASS IS AT 7:00 PM - 8:00 PM.</p>	<p>CANOE RACE 3:00 PM - 4:00 PM at the Boathouse</p>	<p>CLIPPER TOUR 2:00 PM - 3:00 PM at the Boathouse</p>	<p>VIBRATION MEDITATION 10:00 AM - 11:00 AM at the Health Club</p>
<p>CANOE RACE 3:00 PM - 4:00 PM at the Boathouse</p>			<p>BOARD GAMES 6:00 PM - 8:00 PM at the Health Club</p>		<p>FAMILY SWIM 5:00 PM - 7:00 PM at the Pool</p>	<p>FAMILY SWIM 2:00 PM - 4:00 PM at the Pool</p>
<p>BOARD GAMES 6:00 PM - 8:00 PM at the Health Club *NOT AVAILABLE SEPTEMBER 10</p>						<p>HERITAGE TOUR 3:00 PM - 4:00 PM at the Health Club</p>
						<p>PHOTOGRAPHY CLASS 4:00 PM - 5:30 PM at the Health Club</p>
						<p>BINGO! 6:00 PM - 7:00 PM at the Health Club *NOT AVAILABLE SEPTEMBER 9.</p>