



# FITNESS SCHEDULE

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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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				<b>APRÈS-SKI STRETCH</b> WITH VIVIAN 5:30 PM - 6:30 PM	<b>SAVASANA SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
4	5	6	7	8	9	10
					<b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	
<b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM	<b>CIRQUE SUPER STRETCH</b> WITH LAURA-ANN 5:30 PM - 6:30 PM	<b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM	<b>MOVEMENT THERAPY</b> WITH FRANCESKA 10:00 AM - 11:00 AM	<b>APRÈS-SKI STRETCH</b> WITH MELODY 5:30 PM - 6:30 PM	<b>SAVASANA SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	<b>FLOW YOGA</b> WITH FRANCESKA 11:00 AM - 12:00 PM
11	12	13	14	15	16	17
					<b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	
<b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	<b>CIRQUE SUPER STRETCH</b> WITH LAURA-ANN 5:30 PM - 6:30 PM	<b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM	<b>MOVEMENT THERAPY</b> WITH FRANCESKA 10:00 AM - 11:00 AM	<b>APRÈS-SKI STRETCH</b> WITH MELODY 5:30 PM - 6:30 PM	<b>SAVASANA SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
18	19	20	21	22	23	24
					<b>ALL AGES ZUMBA</b> WITH JHAY 8:00 AM - 9:00 AM	<b>FAMILY YOGA</b> WITH ALI 11:00 AM - 12:00 PM
<b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	<b>CIRQUE SUPER STRETCH</b> WITH LAURA-ANN 5:30 PM - 6:30 PM	<b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM	<b>MOVEMENT THERAPY</b> WITH FRANCESKA 10:00 AM - 11:00 AM	<b>APRÈS-SKI STRETCH</b> WITH VIVIAN 5:30 PM - 6:30 PM	<b>SAVASANA SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	<b>YIN YANG YOGA</b> WITH ALI 3:00 PM - 4:00 PM
					<b>FAMILY FITNESS</b> WITH REC TEAM 5:00 PM - 5:30 PM	<b>FAMILY FITNESS</b> WITH REC TEAM 5:00 PM - 5:30 PM
25	26	27	28	29	30	31
<b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	<b>FAMILY YOGA</b> WITH ALI 10:00 AM - 11:00 AM	<b>FAMILY FITNESS</b> WITH REC TEAM 9:30 AM - 10:00 AM	<b>FAMILY SOUND EXPERIENCE</b> WITH RACHEL 11:00 AM - 12:00 PM	<b>FAMILY FITNESS</b> WITH REC TEAM 9:30 AM - 10:00 AM	<b>FAMILY FITNESS</b> WITH REC TEAM 9:30 AM - 10:00 AM	<b>ALL AGES ZUMBA</b> WITH JHAY 8:00 AM - 9:00 AM
<b>FAMILY FITNESS</b> WITH REC TEAM 5:00 PM - 5:30 PM	<b>FAMILY FITNESS</b> WITH REC TEAM 5:00 PM - 5:30 PM	<b>ALL AGES ZUMBA</b> WITH JHAY 6:00 PM - 7:00 PM	<b>FAMILY FITNESS</b> WITH REC TEAM 5:00 PM - 5:30 PM	<b>ALL AGES ZUMBA</b> WITH JHAY 6:00 PM - 7:00 PM	<b>FAMILY SOUND EXPERIENCE</b> WITH RACHEL 11:00 AM - 12:00 PM	<b>FLOW YOGA</b> WITH FRANKIE 10:00 AM - 11:00 AM
<b>ALL AGES ZUMBA</b> WITH JHAY 6:00 PM - 7:00 PM				<b>YIN YOGA</b> WITH VIVIAN 7:30 PM - 8:30 PM	<b>YIN YOGA</b> WITH ALI 3:00 PM - 4:00 PM	<b>FAMILY FITNESS</b> WITH REC TEAM 9:30 AM - 10:00 PM

Please note: Activities are subject to change. Visit [jasper-park-lodge.com](http://jasper-park-lodge.com) for more details.