



# 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 <b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM <b>YING YANG YOGA</b> WITH ALI 11:00 AM - 12:00 PM	2 <b>CIRQUE</b> <b>SUPER STRETCH</b> WITH LAURA-ANN 5:30 PM - 6:30 PM	3 <b>AQUAFIT</b> WITH MELODY 11:00 AM - 12:00 PM	4 <b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	5 <b>APRÈS-SKI</b> <b>STRETCH</b> WITH VIVIAN 5:30 PM - 6:30 PM	6 <b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM <b>SAVASANA</b> <b>SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	7 <b>SUNDAY</b> <b>RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
8 <b>AQUAFIT</b> WITH ANNA 10:00 AM - 11:00 AM	9 <b>CIRQUE</b> <b>SUPER STRETCH</b> WITH LAURA-ANN 5:30 PM - 6:30 PM	10 <b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM	11 <b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	12 <b>APRÈS-SKI</b> <b>STRETCH</b> WITH VIVIAN 5:30 PM - 6:30 PM	13 <b>SAVASANA</b> <b>SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	14 <b>SUNDAY</b> <b>RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
15 <b>YING YANG YOGA</b> WITH KELI 10:00 AM - 11:00 AM	16 <b>SLOW FLOW</b> WITH MELODY 10:00 AM - 11:00 AM	17 <b>YING YANG YOGA</b> WITH KELI 10:00 AM - 11:00 AM	18 <b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	19 <b>APRÈS-SKI</b> <b>STRETCH</b> WITH VIVIAN 5:30 PM - 6:30 PM	20 <b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM <b>SAVASANA</b> <b>SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	21 <b>SUNDAY</b> <b>RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
22 <b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	23 <b>YING YANG YOGA</b> WITH ALI 10:00 AM - 11:00 AM	24 <b>AQUAFIT</b> WITH MELODY 10:00 AM - 11:00 AM	25 <b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	26 <b>APRÈS-SKI</b> <b>STRETCH</b> WITH VIVIAN 5:30 PM - 6:30 PM	27 <b>SAVASANA</b> <b>SOUND JOURNEY</b> WITH RACHEL 11:00 AM - 12:00 PM	28 <b>YING YANG YOGA</b> WITH ALI 11:00 AM - 12:00 PM
29 <b>AQUAFIT</b> WITH ANNA 9:30 AM - 10:30 AM	30 <b>SLOW FLOW</b> WITH MELODY 10:00 AM - 11:00 AM					