



# 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	4	5
					<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>SUNDAY</b> <b>RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
		<b>YIN YANG YOGA</b> WITH VIVAN 7:00 PM - 8:00 PM	<b>AQUAFIT</b> WITH MELODY 9:00 AM - 10:00 AM	<b>SLOW FLOW</b> WITH MELODY 9:00 AM - 10:00 AM	<b>POWER FLOW</b> WITH FRANKIE 4:30 PM - 5:30 PM	
6	7	8	9	10	11	12
<b>AQUAFIT</b> WITH ANNA 10:00 AM - 11:00 AM	<b>FLEX IT, STRETCH IT</b> WITH VIVIAN 7:00 AM - 8:00 AM	<b>YIN YANG YOGA</b> WITH VIVIAN 7:00 PM - 8:00 PM	<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>SLOW FLOW</b> WITH MELODY 9:00 AM - 10:00 AM	<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>SUNDAY</b> <b>RESET YOGA</b> WITH KERSTIN 9:00 AM - 10:00 AM
13	14	15	16	17	18	19
<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>FLEX IT, STRETCH IT</b> WITH VIVIAN 7:00 AM - 8:00 AM	<b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	<b>AQUAFIT</b> WITH MELODY 9:00 AM - 10:00 AM	<b>SLOW FLOW</b> WITH MELODY 9:00 AM - 10:00 AM	<b>FAMILY YOGA</b> WITH ALI 9:00 AM - 10:00 AM	<b>YING YANG YOGA</b> WITH ALI 9:00 AM - 10:00 AM
20	21	22	23	24	25	26
<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>FLEX IT, STRETCH IT</b> WITH VIVIAN 7:00 AM - 8:00 AM	<b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	<b>AQUAFIT</b> WITH MELODY 9:00 AM - 10:00 AM	<b>SLOW FLOW</b> WITH MELODY 9:00 AM - 10:00 AM	<b>YING YANG YOGA</b> WITH ALI 10:30 AM - 11:30 AM	<b>ALL AGES</b> <b>ZUMBA</b> WITH JHAY 7:00 PM - 8:00 PM
27	28	29	30	31		
<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>FLEX IT, STRETCH IT</b> WITH VIVIAN 7:00 AM - 8:00 AM	<b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	<b>AQUAFIT</b> WITH MELODY 9:00 AM - 10:00 AM	<b>SLOW FLOW</b> WITH MELODY 9:00 AM - 10:00 AM	<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>SUNDAY</b> <b>RESET YOGA</b> WITH KERSTIN 10:00 AM - 11:00 AM
					<b>POWER FLOW</b> WITH FRANKIE 4:30 PM - 5:30 PM	
<b>AQUAFIT</b> WITH ANNA 9:00 AM - 10:00 AM	<b>FLEX IT, STRETCH IT</b> WITH VIVIAN 7:00 AM - 8:00 AM	<b>YING YANG YOGA</b> WITH KELI 7:00 PM - 8:00 PM	<b>AQUAFIT</b> WITH MELODY 9:00 AM - 10:00 AM	<b>SLOW FLOW</b> WITH MELODY 9:00 AM - 10:00 AM		