



# 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  
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>POOL VOLLEYBALL</b> 3:00 PM - 5:00 PM  <b>HERITAGE TOUR</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 4:00 PM - 6:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>TRIVIA NIGHT</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>TRIVIA NIGHT</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>BUTTON MAKING</b> 3:00 PM - 5:00 PM  <b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>TRIVIA NIGHT</b> 7:00 PM - 8:00 PM	<b>BUILD A JASPER BUDDY</b> 2:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 3:00 PM - 5:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM

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



# RESORT ACTIVITIES SCHEDULE

## RESERVE YOUR SPOT ONLINE

For more information regarding Resort Activities, please contact the hotel at 780 852 6091, or visit Concierge located in the Main Lodge.



### AVAILABLE DAILY

RunGo App | Press Reader App | In-Room Sips of Wellness | Digital Scavenger Hunt  
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>POOL VOLLEYBALL</b> 3:00 PM - 5:00 PM  <b>HERITAGE TOUR</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 4:00 PM - 6:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>TRIVIA NIGHT</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>TRIVIA NIGHT</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM
<b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 5:00 PM - 7:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>HERITAGE TOUR</b> 3:00 PM - 4:00 PM  <b>BOARD GAMES</b> 6:00 PM - 8:00 PM	<b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM	<b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>BUTTON MAKING</b> 3:00 PM - 5:00 PM  <b>CANOE RACES</b> 3:00 PM - 4:00 PM  <b>FAMILY SWIM</b> 4:00 PM - 6:00 PM  <b>TRIVIA NIGHT</b> 7:00 PM - 8:00 PM	<b>BUILD A JASPER BUDDY</b> 2:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 3:00 PM - 5:00 PM  <b>KAYAK RACES</b> 3:00 PM - 4:00 PM  <b>POOL VOLLEYBALL</b> 4:00 PM - 6:00 PM  <b>BINGO</b> 7:00 PM - 8:00 PM	<b>PHOTOGRAPHY CLASS</b> 10:00 AM - 11:30 AM  <b>FAMILY SWIM</b> 1:00 PM - 3:00 PM  <b>HERITAGE TOUR</b> 2:00 PM - 3:00 PM  <b>VOYAGEUR CANOE TOUR</b> 3:00 PM - 4:00 PM

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



# FITNESS 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.

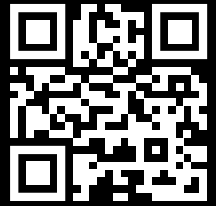
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
					<b>SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM</b>	<b>SUNDAY RESET YOGA WITH KERSTIN 10:00 AM - 11:00 AM</b>
3	4	5	6	7	8	9
<b>AQUAFIT WITH ANNA 10:00 AM - 11:00 AM</b>	<b>STRETCH AND STRENGTHEN WITH MELODY 4:30 PM - 5:30 PM</b>	<b>YIN YANG YOGA WITH KELI 7:00 PM - 8:00 PM</b>	<b>AQUAFIT WITH MELODY 9:00 AM - 10:00 AM</b> <b>4 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM</b>	<b>HATHA FLOW WITH ALI 9:00 AM - 10:00 AM</b>	<b>AQUAFIT WITH ANNA 9:00 AM - 10:00 AM</b> <b>SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM</b>	<b>SUNDAY RESET YOGA WITH MELODY 10:00 AM - 11:00 AM</b>
10	11	12	13	14	15	16
<b>AQUAFIT WITH ANNA 9:00 AM - 10:00 AM</b>	<b>STRETCH AND STRENGTHEN WITH ALI 5:30 PM - 6:30 PM</b>	<b>YING YANG YOGA WITH KELI 7:00 PM - 8:00 PM</b>	<b>AQUAFIT WITH MELODY 9:00 AM - 10:00 AM</b> <b>4 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM</b>	<b>FIT FLOW WITH FRANKIE 9:30 AM - 10:30 AM</b>	<b>SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM</b>	<b>SUNDAY RESET YOGA WITH KERSTIN 10:00 AM - 11:00 AM</b>
17	18	19	20	21	22	23
<b>AQUAFIT WITH ANNA 9:00 AM - 10:00 AM</b>	<b>STRETCH AND STRENGTHEN WITH MELODY 5:30 PM - 6:30 PM</b>	<b>YING YANG YOGA WITH KELI 7:00 PM - 8:00 PM</b>	<b>AQUAFIT WITH MELODY 9:00 AM - 10:00 AM</b> <b>4 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM</b>	<b>FIT FLOW WITH MELODY 11:30 PM - 12:30 PM</b>	<b>AQUAFIT WITH ANNA 9:00 AM - 10:00 AM</b> <b>SAVASANA SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM</b>	<b>SUNDAY RESET YOGA WITH MELODY 10:00 AM - 11:00 AM</b>
24	25	26	27	28	29	30
<b>AQUAFIT WITH MELODY 9:00 AM - 10:00 AM</b>	<b>STRETCH AND STRENGTHEN WITH ALI 5:30 PM - 6:30 PM</b>	<b>YING YANG YOGA WITH KELI 7:00 PM - 8:00 PM</b>	<b>AQUAFIT WITH ANNA 9:00 AM - 10:00 AM</b> <b>4 ELEMENT YOGA WITH MELISSA 5:30 PM - 6:30 PM</b>	<b>FIT FLOW WITH FRANKIE 9:30 AM - 10:30 AM</b> <b>ALL AGES ZUMBA WITH JHAY 6:00 PM - 7:00 PM</b>	<b>FAMILY SOUND JOURNEY WITH RACHEL 11:00 AM - 12:00 PM</b>	<b>SUNDAY RESET YOGA WITH ALI 10:00 AM - 11:00 AM</b>



# FITNESS SCHEDULE

## RESERVE YOUR SPOT ONLINE

For more information regarding Resort Activities, please contact the hotel at 780 852 6091, or visit Concierge located in the Main Lodge.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
					<b>SAVASANA SOUND JOURNEY WITH RACHEL</b> 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA WITH KERSTIN</b> 10:00 AM - 11:00 AM
3	4	5	6	7	8	9
<b>AQUAFIT WITH ANNA</b> 10:00 AM - 11:00 AM	<b>STRETCH AND STRENGTHEN WITH MELODY</b> 4:30 PM - 5:30 PM	<b>YIN YANG YOGA WITH KELI</b> 7:00 PM - 8:00 PM	<b>AQUAFIT WITH MELODY</b> 9:00 AM - 10:00 AM <b>4 ELEMENT YOGA WITH MELISSA</b> 5:30 PM - 6:30 PM	<b>HATHA FLOW WITH ALI</b> 9:00 AM - 10:00 AM	<b>AQUAFIT WITH ANNA</b> 9:00 AM - 10:00 AM <b>SAVASANA SOUND JOURNEY WITH RACHEL</b> 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA WITH MELODY</b> 10:00 AM - 11:00 AM
10	11	12	13	14	15	16
<b>AQUAFIT WITH ANNA</b> 9:00 AM - 10:00 AM	<b>STRETCH AND STRENGTHEN WITH ALI</b> 5:30 PM - 6:30 PM	<b>YING YANG YOGA WITH KELI</b> 7:00 PM - 8:00 PM	<b>AQUAFIT WITH MELODY</b> 9:00 AM - 10:00 AM <b>4 ELEMENT YOGA WITH MELISSA</b> 5:30 PM - 6:30 PM	<b>FIT FLOW WITH FRANKIE</b> 9:30 AM - 10:30 AM	<b>SAVASANA SOUND JOURNEY WITH RACHEL</b> 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA WITH KERSTIN</b> 10:00 AM - 11:00 AM
17	18	19	20	21	22	23
<b>AQUAFIT WITH ANNA</b> 9:00 AM - 10:00 AM	<b>STRETCH AND STRENGTHEN WITH MELODY</b> 5:30 PM - 6:30 PM	<b>YING YANG YOGA WITH KELI</b> 7:00 PM - 8:00 PM	<b>AQUAFIT WITH MELODY</b> 9:00 AM - 10:00 AM <b>4 ELEMENT YOGA WITH MELISSA</b> 5:30 PM - 6:30 PM	<b>FIT FLOW WITH MELODY</b> 11:30 PM - 12:30 PM	<b>AQUAFIT WITH ANNA</b> 9:00 AM - 10:00 AM <b>SAVASANA SOUND JOURNEY WITH RACHEL</b> 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA WITH MELODY</b> 10:00 AM - 11:00 AM
24	25	26	27	28	29	30
<b>AQUAFIT WITH MELODY</b> 9:00 AM - 10:00 AM	<b>STRETCH AND STRENGTHEN WITH ALI</b> 5:30 PM - 6:30 PM	<b>YING YANG YOGA WITH KELI</b> 7:00 PM - 8:00 PM	<b>AQUAFIT WITH ANNA</b> 9:00 AM - 10:00 AM <b>4 ELEMENT YOGA WITH MELISSA</b> 5:30 PM - 6:30 PM	<b>FIT FLOW WITH FRANKIE</b> 9:30 AM - 10:30 AM <b>ALL AGES ZUMBA WITH JHAY</b> 6:00 PM - 7:00 PM	<b>FAMILY SOUND JOURNEY WITH RACHEL</b> 11:00 AM - 12:00 PM	<b>SUNDAY RESET YOGA WITH ALI</b> 10:00 AM - 11:00 AM

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