



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	SLOW FLOW YOGA WITH STEPH 8-9AM	MAT PILATES WITH ELLA 9-10AM	CANDLELIT YIN YOGA WITH STEPHANIE 9-10AM
5	6	7	8	9	10	11
YIN YANG YOGA WITH STEPHANIE 8-9AM	MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM	MAT FLEX WITH MEAGAN 8:30-9:15AM	YOGA WITH KERSTIN 6-7PM	MAT FLEX WITH MEAGAN 8:30-9:15AM	MAT FLEX WITH MEAGAN 8:30-9:15AM
AQUAFIT WITH MELDDY 10-11AM		FLOWETRY YOGA WITH KELLI 7-8PM				
12	13	14	15	16	17	18
YIN YANG YOGA WITH STEPHANIE 8-9AM	MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	SLOW FLOW YOGA WITH STEPH 8-9AM	MAT PILATES WITH ELLA 9-10AM	CANDLELIT YIN YOGA WITH STEPHANIE 9-10AM
AQUAFIT WITH MELDDY 10-11AM						
19	20	21	22	23	24	25
YIN YANG YOGA WITH STEPHANIE 8-9AM	MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	YOGA WITH KERSTIN 6-7PM	MAT FLEX WITH MEAGAN 8:30-9:15AM	MAT FLEX WITH MEAGAN 8:30-9:15AM
AQUAFIT WITH MELDDY 10-11AM						
26	27	28	29	30	31	
AQUAFIT WITH MELDDY 10-11AM	MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	SLOW FLOW YOGA WITH STEPH 8-9AM	MAT PILATES WITH ELLA 9-10AM	

Please note: Activities are subject to change.