

## **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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
CANDLELIT YIN YOGA WITH STEPHANIE 9-10AM	YIN YANG YOGA WITH STEPHANIE 8-9AM	MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	AQUA PILATES WITH ALANNA 9-10AM	PILATES FUSION WITH MEAGAN 8:30-9:15AM
	AQUAFIT WITH MELDDY 10-11AM					
8	9	10	11	12	13	14
MAT PILATES WITH ELLA 7-8PM	YIN YANG YOGA WITH STEPHANIE 8-9AM	MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	SLOW FLOW YOGA WITH STEPH 8-9AM	PILATES FUSION WITH MEAGAN 8:30-9:15AM
	AQUAFIT WITH MELDDY 10-11AM		FLOWETRY YOGA WITH KELLI 7-8PM			
15	16	17	18	19	20	21
CANDLELIT YIN YOGA WITH STEPHANIE 9-10AM	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	AQUA PILATES T WITH ALANNA 9-10AM	PILATES FUSION WITH MEAGAN 8:30-9:15AM
	AQUAFIT WITH MELDDY 10-11AM		FLOWETRY YOGA WITH KELLI 7-8PM	TO-TTYNI		
22	23	24	25	26	27	28
PILATES FUSION WITH MEAGAN 8:30-9:15AM	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 IT WITH STEPH 8-9AM	PILATES FUSION WITH MEAGAN 8:30-9:15AM
	AQUAFIT WITH MELDDY 10-11AM		FLOWETRY YOGA WITH KELLI 7-8PM	TO-TTMM		
29	30					
MAT PILATES WITH ELLA	AQUAFIT WITH MELDDY					

WITH ELLA 7-8PM

WITH MELDDY 10-11AM