



# 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
<b>1</b>  CANDLELIT YIN YOGA WITH STEPHANIE 9-10AM	<b>2</b>  YIN YANG YOGA WITH STEPHANIE 8-9AM  AQUAFIT WITH MELDDY 10-11AM	<b>3</b>  MAT PILATES WITH ELLA 7-8PM	<b>4</b>  AQUAFIT WITH MELODY 10-11AM	<b>5</b>  AQUA PILATES WITH ALANNA 9-10AM	<b>6</b>  AQUA PILATES WITH ALANNA 9-10AM	<b>7</b>  PILATES FUSION WITH MEAGAN 8:30-9:15AM
<b>8</b>  MAT PILATES WITH ELLA 7-8PM	<b>9</b>  YIN YANG YOGA WITH STEPHANIE 8-9AM  AQUAFIT WITH MELDDY 10-11AM	<b>10</b>  MAT PILATES WITH ELLA 7-8PM	<b>11</b>  AQUAFIT WITH MELODY 10-11AM  FLOWETRY YOGA WITH KELLI 7-8PM	<b>12</b>  AQUA PILATES WITH ALANNA 9-10AM	<b>13</b>  SLOW FLOW YOGA WITH STEPH 8-9AM	<b>14</b>  PILATES FUSION WITH MEAGAN 8:30-9:15AM
<b>15</b>  CANDLELIT YIN YOGA WITH STEPHANIE 9-10AM	<b>16</b>  YIN YANG YOGA WITH STEPHANIE 8-9AM  AQUAFIT WITH MELDDY 10-11AM	<b>17</b>  MAT PILATES WITH ELLA 7-8PM	<b>18</b>  AQUAFIT WITH MELODY 10-11AM  FLOWETRY YOGA WITH KELLI 7-8PM	<b>19</b>  SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	<b>20</b>  AQUA PILATES WITH ALANNA 9-10AM	<b>21</b>  PILATES FUSION WITH MEAGAN 8:30-9:15AM
<b>22</b>  PILATES FUSION WITH MEAGAN 8:30-9:15AM	<b>23</b>  YIN YANG YOGA WITH STEPHANIE 8-9AM  AQUAFIT WITH MELDDY 10-11AM	<b>24</b>  MAT PILATES WITH ELLA 7-8PM	<b>25</b>  AQUAFIT WITH MELODY 10-11AM  FLOWETRY YOGA WITH KELLI 7-8PM	<b>26</b>  SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	<b>27</b>  SLOW FLOW YOGA WITH STEPH 8-9AM	<b>28</b>  PILATES FUSION WITH MEAGAN 8:30-9:15AM
<b>29</b>  MAT PILATES WITH ELLA 7-8PM	<b>30</b>  AQUAFIT WITH MELDDY 10-11AM					

Please note: Activities are subject to change.