



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
					AQUA PILATES WITH ALANNA 9-10AM	SLOW INTRODUCTION TO ASHTANGA WITH MAUDE 9-10AM
3	4	5	6	7	8	9
		AQUA PILATES WITH ALANNA 9-10AM MAT PILATES WITH ELLA 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM FLOWETRY YOGA WITH KELLI 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM	AQUA PILATES WITH ALANNA 9-10AM YANG TO YIN WITH KERSTIN 7-8PM	SLOW INTRODUCTION TO ASHTANGA WITH MAUDE 9-10AM
10	11	12	13	14	15	16
YIN YANG WITH STEPHANIE 9-10AM	YANG TO YIN WITH KERSTIN 7-8PM	AQUA PILATES WITH ALANNA 9-10AM MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM FLOWETRY YOGA WITH KELLI 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM SLEEP DEEP WITH GILLY 8-9PM	SLOW INTRODUCTION TO ASHTANGA WITH MAUDE 9-10AM SLEEP DEEP WITH GILLY 8-9PM
17	18	19	20	21	22	23
YIN YANG WITH STEPHANIE 9-10AM	AQUAFIT WITH MELODY 10-11AM YIN YOGA WITH STEPHANIE 7-8PM	AQUA PILATES WITH ALANNA 9-10AM MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM FLOWETRY YOGA WITH KELLI 7-8PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	SLOW INTRODUCTION TO ASHTANGA WITH MAUDE 9-10AM SLEEP DEEP WITH GILLY 8-9PM
24	25	26	27	28	29	30
	AQUAFIT WITH MELODY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM MAT PILATES WITH ELLA 7-8PM	AQUAFIT WITH MELODY 10-11AM FLOWETRY YOGA WITH KELLI 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	SLOW INTRODUCTION TO ASHTANGA WITH MAUDE 9-10AM SLEEP DEEP WITH GILLY 8-9PM
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Please note: Activities are subject to change.