



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