



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
			FLOWTRY YOGA WITH KELLI 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM	MAT PILATES WITH ELLA 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM
5	6	7	8	9	10	11
YIN YANG YOGA WITH STEPHANIE 9-10AM	YIN YOGA WITH STEPHANIE 7-8PM	MAT PILATES WITH ELLA 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	FOREST BATHING WITH GILLY 1:30-2:30PM
12	13	14	15	16	17	18
YIN YANG YOGA WITH STEPHANIE 9-10AM	YIN YOGA WITH STEPHANIE 7-8PM	AQUA PILATES WITH ALANNA 9-10AM MAT PILATES WITH ELLA 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	FOREST BATHING WITH GILLY 1:30-2:30PM SLEEP DEEP WITH GILLY 7-8PM
19	20	21	22	23	24	25
MAT PILATES WITH ELLA 9-10AM	AQUAFIT WITH MELODY 9-10AM	AQUA PILATES WITH ALANNA 9-10AM	AQUAFIT WITH MELODY 9-10AM FLOWTRY YOGA WITH KELLI 7-8PM	PILATES FUSION WITH MEAGAN 8:30-9:15AM	AQUA PILATES WITH ALANNA 9-10AM	PILATES FUSION WITH MEAGAN 8:30-9:15AM
26	27	28	29	30	31	
SLOW FLOW YOGA WITH STEPHANIE 9-10AM	AQUAFIT WITH MELODY 9-10AM	AQUA PILATES WITH ALANNA 9-10AM	AQUAFIT WITH MELODY 9-10AM FLOWTRY YOGA WITH KELLI 7-8PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10-11AM	AQUA PILATES WITH ALANNA 9-10AM	

Please note: Activities are subject to change.