



FITNESS SCHEDULE

CLICK HERE TO RESERVE YOUR SPOT ONLINE

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

SLEEP DEEP WITH
GILLY
7PM - 8PM

FOREST BATHING WITH
GILLY
1:30PM - 2:30PM

2

SLOW FLOW YOGA
WITH STEPH
5:00PM - 06:00PM

3

AQUAFIT WITH MELODY
9:00AM - 10:00AM

4

AQUA PILATES WITH
ALANNA
9:00AM - 10:00AM

5

AQUAFIT WITH MELODY
9:00AM - 10:00AM

FLOWETRY YOGA
WITH KELLI
7:00PM - 8:00PM

6

SOMATIC HEALING
THROUGH MOVEMENT
WITH GILLY
10:00 AM - 11:00 AM

7

AQUA PILATES WITH
ALANNA
9:00AM - 10:00AM

8

FOREST BATHING
WITH GILLY
1:30 PM - 2:30 PM

SLEEP DEEP
WITH GILLY
7:00 PM - 8:00 PM

9

SLOW FLOW YOGA
WITH STEPH
5:00PM - 06:00PM

10

AQUAFIT WITH MELODY
9:00AM - 10:00AM

11

AQUA PILATES WITH
ALANNA
9:00AM - 10:00AM

12

AQUAFIT
WITH MELODY
9:00AM - 10:00AM

FLOWETRY YOGA
WITH KELLI
7:00PM - 8:00PM

13

SOMATIC HEALING
THROUGH MOVEMENT
WITH GILLY
10:00 AM - 11:00 AM

14

AQUA PILATES
WITH ALANNA
9:00AM - 10:00AM

15

FOREST BATHING
WITH GILLY
1:30 PM - 2:30 PM

SLEEP DEEP
WITH GILLY
7:00 PM - 8:00 PM

16

SLOW FLOW YOGA
WITH STEPH
5:00PM - 06:00PM

17

AQUAFIT WITH MELODY
9:00AM - 10:00AM

18

AQUA PILATES
WITH ALANNA
9:00AM - 10:00AM

19

AQUAFIT WITH MELODY
9:00AM - 10:00AM

FLOWETRY YOGA
WITH KELLI
7:00PM - 8:00PM

20

PILATES FUSION
WITH MEGAN
8:30AM - 9:15AM

21

AQUA PILATES WITH
ALANNA
9:00AM - 10:00AM

22

PILATES FUSION
WITH MEGAN
8:30AM - 9:15AM

23

SLOW FLOW YOGA
WITH STEPH
5:00PM - 06:00PM

24

AQUAFIT WITH MELODY
9:00AM - 10:00AM

25

AQUA PILATES
WITH ALANNA
9:00AM - 10:00AM

26

AQUAFIT WITH MELODY
9:00AM - 10:00AM

FLOWETRY YOGA
WITH KELLI
7:00PM - 8:00PM

27

SOMATIC HEALING
THROUGH MOVEMENT
WITH GILLY
10:00AM - 11:00AM

28

AQUA PILATES WITH
ALANNA
9:00AM - 10:00AM

29

SLEEP DEEP WITH
GILLY
7PM - 8PM

FOREST BATHING
WITH GILLY
1:30PM - 2:30PM

30

SLOW FLOW YOGA
WITH STEPH
5:00PM - 6:00PM