



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 FOREST BATHING WITH GILLY 1:30 PM – 2:30 PM SLEEP DEEP WITH GILLY 7:00 PM – 8:00 PM
2 SLOW FLOW YOGA WITH STEPH 5:00PM - 06:00PM	3 AQUAFIT WITH MELODY 10:00AM - 11:00AM	4 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	5 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 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 10:00AM - 11:00AM	11 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	12 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 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 10:00AM - 11:00AM	18 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	19 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 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 10:00AM - 11:00AM	25 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	26 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM 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 FOREST BATHING WITH GILLY 1:30 PM – 2:30 PM SLEEP DEEP WITH GILLY 7:00 PM – 8:00 PM
30 SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM						