



FITNESS SCHEDULE

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For more information regarding Resort Activities, please contact the hotel at 780 852 6091, or visit Concierge located in the Clubhouse.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AQUAFIT WITH MELODY 10:00AM – 11:00AM	2 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM PILATES FUSION WITH MEAGAN 7:00PM – 8:00PM	3 AQUAFIT WITH MELODY 9:00AM – 10:00AM FLOWETRY YOGA WITH KELLI 7:00PM-8:00PM	4 PILATES FUSION WITH MEAGAN 08:30AM – 09:15AM	5 AQUA PILATES WITH ALANNA 09:00AM – 10:00AM	6
7 VINYASA YOGA WITH STEPHANIE 10:00AM – 11:00AM SLOW FLOW YOGA WITH STEPH 5:00PM – 6:00PM	8 YIN & BREATHWORK WITH STEPHANIE 7:00PM – 8:00PM	9 AQUAFIT WITH MELODY 10:00AM – 11:00AM	10 AQUAFIT WITH MELODY 9:00AM – 10:00AM FLOWETRY YOGA WITH KELLI 7:00PM-8:00PM	11 SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 5:00 PM – 6:00 PM	12 AQUA PILATES WITH ALANNA 09:00AM – 10:00AM	13 FOREST BATHING WITH GILLY 1:30PM - 2:30PM SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM
14 SLOW FLOW YOGA WITH STEPH 5:00PM – 6:00PM	15 AQUAFIT WITH MELODY 10:00AM – 11:00AM YIN & BREATHWORK WITH STEPHANIE 7:00PM – 8:00PM	16 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	17 AQUAFIT WITH MELODY 9:00AM – 10:00AM FLOWETRY YOGA WITH KELLI 7:00PM-8:00PM	18 SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 10:00 AM – 11:00 AM	19 AQUA PILATES WITH ALANNA 09:00AM – 10:00AM	20 PILATES FUSION WITH MEAGAN 08:30AM – 09:15AM
21 SLOW FLOW YOGA WITH STEPH 5:00PM – 6:00PM	22 SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM	23 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	24 FLOWETRY YOGA WITH KELLI 7:00PM-8:00PM	25	26 AQUA PILATES WITH ALANNA 09:00AM – 10:00AM	27 PILATES FUSION WITH MEAGAN 08:30AM – 09:15AM
28 SLOW FLOW YOGA WITH STEPH 5:00PM – 6:00PM	29 AQUAFIT WITH MELODY 10:00AM – 11:00AM YIN & BREATHWORK WITH STEPHANIE 7:00PM – 8:00PM	30 AQUA PILATES WITH ALANNA 9:00AM – 10:00AM	31 FLOWETRY YOGA WITH KELLI 7:00PM - 8:00PM			