



# FITNESS SCHEDULE

CLICK [HERE](#) TO RESERVE YOUR SPOT ONLINE

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	2	3
				PILATES FUSION WITH MEAGAN 8:30AM - 9:15AM		SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
				SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM		
4	5	6	7	8	9	10
VINYASA YOGA WITH STEPHANIE 10:00AM - 11:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 9:00AM - 10:00AM	PILATES FUSION WITH MEAGAN 8:30AM - 9:15AM	YOGA WITH KERSTIN 7:30PM - 8:30PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM			FLOWETRY YOGA WITH KELLI 7:00PM - 8:00PM	SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM		
11	12	13	14	15	16	17
VINYASA YOGA WITH STEPHANIE 10:00AM - 11:00AM		AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	FLOWETRY YOGA WITH KELLI 7:00PM - 8:00PM	PILATES FUSION WITH MEAGAN 8:30AM - 9:15AM		
SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM		PILATES FUSION WITH MEAGAN 7-8PM				
18	19	20	21	22	23	24
VINYASA YOGA WITH STEPHANIE 10:00AM - 11:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM		YOGA WITH KERSTIN 7:30PM - 8:30PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM			FLOWETRY YOGA WITH KELLI 7:00PM - 8:00PM			
25	26	27	28	29	30	31
VINYASA YOGA WITH STEPHANIE 10:00AM - 11:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	AQUAFIT WITH MELODY 10:00AM - 11:00AM	SLEEP DEEP YOGA WITH GILLY 7:00PM - 8:00PM		SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00PM - 2:00PM
SLOW FLOW YOGA WITH STEPH 5:00PM - 6:00PM			FLOWETRY YOGA WITH KELLI 7:00PM - 8:00PM			