



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 YIN YANG YOGA WITH STEPHANIE 8:30-9:30AM	2 AQUAFIT WITH MELODY 10:00-11:00AM	3 AQUA PILATES WITH ALANNA 9:00-10:00AM	4 AQUAFIT WITH MELODY 10:00-11:00AM	5 SLEEP DEEP YOGA WITH GILLY 7:00-8:00PM	6	7 SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00-2:00PM
SLOW FLOW YOGA WITH STEPH 5:00-006PM				FLOWTRY YOGA WITH KELLI 7:00-8:00PM		
8	9	10	11	12	13	14
YIN YANG YOGA WITH STEPHANIE 8:30-9:30AM	AQUAFIT WITH MELODY 10:00-11AM	AQUA PILATES WITH ALANNA 9:00-10:00AM	AQUAFIT WITH MELODY 10:00-11:00AM			
		PILATES FUSION WITH MEAGAN 7:00-8:00PM	FLOWTRY YOGA WITH KELLI 7:00-8:00PM			
15	16	17	18	19	20	21
YIN YANG YOGA WITH STEPHANIE 8:30-9:30AM		AQUA PILATES WITH ALANNA 9:00-10:00AM	AQUAFIT WITH MELODY 10:00-11:00AM	PILATES FUSION WITH MEAGAN 7:00-8:00PM	AQUAFIT WITH MELODY 10:00-11AM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00-2:00PM
		PILATES FUSION WITH MEAGAN 7:00-8:00PM	FLOWTRY YOGA WITH KELLI 7:00-8:00PM	SLEEP DEEP YOGA WITH GILLY 7:00-8:00PM	YOGA WITH KERSTIN 7:00-8:00PM	
22	23	24	25	26	27	28
YIN YANG YOGA WITH STEPHANIE 8:30-9:30AM	AQUAFIT WITH MELODY 10:00-11AM	AQUA PILATES WITH ALANNA 9:00-10:00AM	AQUAFIT WITH MELODY 10:00-11:00AM	PILATES FUSION WITH MEAGAN 7:00-8:00PM	YOGA WITH KERSTIN 7:00-8:00PM	SOMATIC HEALING THROUGH MOVEMENT WITH GILLY 1:00-2:00PM
SLOW FLOW YOGA WITH STEPH 5:00-006PM		PILATES FUSION WITH MEAGAN 7:00-8:00PM	FLOWTRY YOGA WITH KELLI 7:00-8:00PM	SLEEP DEEP YOGA WITH GILLY 7:00-8:00PM		