



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