



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