



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