



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	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 REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	6 AQUA PILATES WITH ALANNA 9:00AM - 10:00AM YOGA WITH KERSTIN 7:00PM - 8:00PM	7 MEDITATIVE MOVEMENT WITH GILLY 1:00PM - 2:00PM
8	9 AQUAFIT WITH MELODY 10:00AM - 11:00AM YING YANG YOGA WITH STEPHANIE 8:30AM - 9:30AM	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 PILATES FUSION WITH MEAGAN 8:30AM - 9:15AM REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	13 AQUA PILATES WITH ALANNA 9:00AM - 10:00AM	14 MEDITATIVE MOVEMENT WITH GILLY 1:00PM - 2:00PM
15	16 AQUAFIT WITH MELODY 10:00AM - 11:00AM YING YANG YOGA WITH STEPHANIE 8:30AM - 9:30AM	17 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 REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	20 YOGA WITH KERSTIN 7:00PM - 8:00PM	21 MEDITATIVE MOVEMENT WITH GILLY 1:00PM - 2:00PM
22	23 AQUAFIT WITH MELODY 10:00AM - 11:00AM YING YANG YOGA WITH STEPHANIE 8:30AM - 9:30AM	24 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 REST AND RESTORE WITH GILLY 7:00PM - 8:00PM	27	28 MEDITATIVE MOVEMENT WITH GILLY 1:00PM - 2:00PM
29	30 YING YANG YOGA WITH STEPHANIE 8:30AM - 9:30AM	31 PILATES FUSION WITH MEAGAN 7:00PM - 8:00PM				