



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 FLOWETRY YOGA WITH KELLI 7:00 - 8:00PM	2 PILATES FUSION WITH MEAGAN 8:30 - 9:15AM	3 YOGA WITH KERSTIN 7:00 - 8:00PM	4 SOUND MEDITATION WITH KAREN 7:00 - 8:00PM
5	6 YINYANG YOGA WITH STEPHANIE 8:30 - 9:30AM AQUAFIT WITH MELODY 10:00-11AM	7 AQUA PILATES WITH ALANNA 9:00 - 10:00AM PILATES FUSION WITH MEAGAN 7:00 - 8:00PM	8 AQUAFIT WITH MELODY 10:00 - 11:00AM FLOWETRY YOGA WITH KELLI 7:00 - 8:00PM	9 PILATES FUSION WITH MEAGAN 8:30 - 9:15AM	10 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	11
12	13 YINYANG YOGA WITH STEPHANIE 8:30 - 9:30AM AQUAFIT WITH MELODY 10:00-11AM	14 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	15 AQUAFIT WITH MELODY 10:00 - 11:00AM FLOWETRY YOGA WITH KELLI 7:00 - 8:00PM	16 PILATES FUSION WITH MEAGAN 8:30 - 9:15AM	17 AQUA PILATES WITH ALANNA 9:00 - 10:00AM YOGA WITH KERSTIN 7:00 - 8:00PM	18 SOUND MEDITATION WITH KAREN 7:00 - 8:00PM
19	20 YINYANG YOGA WITH STEPHANIE 8:30 - 9:30AM AQUAFIT WITH MELODY 10:00-11AM	21 AQUA PILATES WITH ALANNA 9:00 - 10:00AM PILATES FUSION WITH MEAGAN 7:00 - 8:00PM	22 AQUAFIT WITH MELODY 10:00 - 11:00AM FLOWETRY YOGA WITH KELLI 7:00 - 8:00PM	23 PILATES FUSION WITH MEAGAN 8:30 - 9:15AM	24 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	25
26	27 YINYANG YOGA WITH STEPHANIE 8:30 - 9:30AM	28 AQUA PILATES WITH ALANNA 9:00 - 10:00AM PILATES FUSION WITH MEAGAN 7:00 - 8:00PM	29 FLOWETRY YOGA WITH KELLI 7:00 - 8:00PM	30	31	