



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 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	2 VINYASA WITH STEPHANIE 8:30 - 9:30AM FOREST BATHING WITH GILLY 2:30-3:30PM SOUND MEDITATION WITH KAREN 7:30 - 8:30PM
3	4 AQUAFIT WITH MELODY 10:00 - 11:00AM YIN YOGA WITH STEPHANIE 7:00 - 8:00PM	5 YIN YOGA WITH STEPHANIE 7:00 -8:00PM	6 AQUAFIT WITH MELODY 10:00 - 11:00AM FLOWETRY YOGA WITH KELLI 7:00-8:00PM	7 PILATES FUSION WITH MEAGAN 8:30-9:15AM REST & RESTORE WITH GILLY 7:00 - 8:00PM	8 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	9 MEDITATIVE MOVEMENT WITH GILLY 12:30 - 1:30PM FOREST BATHING WITH GILLY 2:30 - 3:30PM
10	11 AQUAFIT WITH MELODY 10:00 - 11:00AM YIN YOGA WITH STEPHANIE 7:00 - 8:00PM	12 PILATES FUSION WITH MEAGAN 7:00-8:00PM	13 AQUAFIT WITH MELODY 10:00 - 11:00AM	14 PILATES FUSION WITH MEAGAN 8:30-9:15AM REST & RESYOTR WITH GILLY 7:00 -8:00PM	15	16 MEDITATIVE MOVEMENT WITH GILLY 12:30 - 1:30PM FOREST BATHING WITH GILLY 2:30 - 3:30PM SOUND MEDITATION WITH KAREN 7:00 - 8:00PM
17	18 AQUAFIT WITH MELODY 10:00 - 11:00AM YIN YOGA WITH STEPHANIE 7:00 - 8:00PM	19 AQUA PILATES WITH ALANNA 9:00-10:00AM PILATES FUSION WITH MEAGAN 7:00-8:00PM	20 AQUAFIT WITH MELODY 10:00 - 11:00AM	21 PILATES FUSION WITH MEAGAN 8:30-9:15AM YIN YOGA WITH STEPHANIE 7:00-8:00PM	22 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	23 SOUND MEDITATION WITH KAREN 7:00 - 8:00PM
24	25 AQUAFIT WITH MELODY 10:00 - 11:00AM YIN YOGA WITH STEPHANIE 7:00 - 8:00PM	26 AQUA PILATES WITH ALANNA 9:00-10:00AM YIN YOGA WITH STEPHANIE 7:00 - 8:00PM	27 AQUAFIT WITH MELODY 10:00 - 11:00AM	28 REST & RESTORE WITH GILLY 7:00 - 8:00PM	29 AQUA PILATES WITH ALANNA 9:00 - 10:00AM	30 VINYASA WITH STEPHANIE 8:30 - 9:30AM FOREST BATHING WITH GILLY 2:30-3:30PM SOUND MEDITATION WITH KAREN 7:00 - 8:00PM
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