



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