



FITNESS SCHEDULE

RESERVE YOUR SPOT ONLINE

For more information regarding Resort Activities, please contact the hotel at 780 852 6091, or visit Concierge located in the Main Lodge.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM
2 ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	3 SLOW FLOW YOGA WITH STEPHANIE 8:00 AM - 9:00 AM YIN YOGA WITH STEPHANIE 7:00 PM - 8:00 PM	4	5 LAKE REFLECTION YOGA WIITH STEPHANIE 7:00 PM - 8:00PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00 PM	6 REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	7 PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	8 FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM
9 ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	10	11 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	12 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00 PM	13 REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	14 PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	15 FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM
16 ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	17 SLOW FLOW YOGA WITH STEPHANIE 8:00 AM - 9:00 AM AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	18 PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	19 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM LAKE REFLECTION YOGA WITH STEPHANIE 7:00 PM - 8:00 PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00 PM	20 REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	21 PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	22 FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM LAKE REFLECTION YOGA WIITH STEPHANIE 7:00 PM - 8:00PM
23 VINYASA YOGA WITH STEPHANIE 8:30 AM - 9:30 AM ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	24 SLOW FLOW YOGA WITH STEPHANIE 8:00 AM - 9:00 AM AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	25	26 AQUAFIT WITH MELODY 9:00 AM - 10:00 AM LAKE REFLECTION YOGA WITH STEPHANIE 7:00 PM - 8:00 PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00 PM	27 REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	28 PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	29 FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM VINYASA YOGA WIITH STEPHANIE 11:30 AM - 12:30 PM
30 VINYASA YOGA WITH STEPHANIE 8:30 AM - 9:30 AM ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	31 SLOW FLOW YOGA WITH STEPHANIE 8:00 AM - 9:00 AM AQUAFIT WITH MELODY 9:00 AM - 10:00 AM					

PLEASE NOTE: ACTIVITIES ARE SUBJECT TO CHANGE.