



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	2	3	4
			FLOEWETRY YOGA ON THE PLATEAU WITH KELLI 7:00 PM - 8:00 PM	REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	SOUND BATHING WITH KAREN 7:00 PM - 8:00 PM
5	6	7	8	9	10	11
ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	SLOW FLOW WITH STEPHANIE 8:00 AM - 9:00 AM AQUAFIT WITH MELODY 9:00 AM - 10:00 AM YIN YOGA WITH STEPHANIE 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM RESTORATIVE YOGA WITH STEPHANIE 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM LAKE REFLECTIONS YOGA WITH STEPHANIE 7:00 PM - 8:00 PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00PM	REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	SOUND BATHING WITH KAREN 7:00 PM - 8:00 PM
12	13	14	15	16	17	18
ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM LAKE REFLECTIONS YOGA WITH STEPHANIE 7:00 PM - 8:00 PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00PM	YIN YANG YOGA WITH STEPHANIE 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	
19	20	21	22	23	24	25
ENERGY EXPLORATION AITH GILLY 11:00 AM - 12:00 PM SOUND BATHING WITH KAREN 7:00 PM - 8:00 PM	SLOW FLOW WITH STEPHANIE 8:00 AM - 9:00 AM AQUAFIT WITH MELODY 9:00 AM - 10:00 AM YIN YOGA WITH STEPHANIE 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM LAKE REFLECTIONS YOGA WITH STEPHANIE 7:00 PM - 8:00 PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00PM	REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	SLOW FLOW WITH STEPHANIE 8:30 AM - 9:30 AM
26	27	28	29	30	31	
VINYASA YOGA WITH STEPHANIE 8:30 AM - 9:30 AM ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	AQUAFIT WITH MELODY 8:00 AM - 9:00 AM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	LAKE REFLECTIONS YOGA WITH STEPHANIE 7:00 PM - 8:00 PM FLOWETRY YOGA WITH KELLI 8:00 PM - 9:00PM	REST & RESTORE WITH GILLY 7:00 PM - 8:00 PM	AQUA PILATES WITH ALANNA 9:00 AM - 10:00 AM	

PLEASE NOTE: ACTIVITIES ARE SUBJECT TO CHANGE.