



FITNESS CLASS 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	5
		FLOW YOGA WITH KELLI 9:00 AM -10:00 AM PILATES FUSION WITH MAEGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM VINYASA FLOW YOGA WITH KELLI 8:00 PM -9:00 PM	REST & RESTORE YOGA WITH GILLY 7:00 PM -8:00 PM	PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM MEDIATIVE MOVEMENT WITH GILLY 7:00 PM -8:00 PM
6	7	8	9	10	11	12
ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM	FLOW YOGA WITH KELLI 9:00 AM -10:00 AM PILATES FUSION WITH MAEGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM VINYASA FLOW YOGA WITH KELLI 8:00 PM -9:00 PM	REST & RESTORE YOGA WITH GILLY 7:00 PM -8:00 PM	YIN YOGA WITH STEPH 7:00 PM -8:00 PM	FOREST BATHING WITH GILLY 9:00 AM - 10:00 AM MEDIATIVE MOVEMENT WITH GILLY 7:00 PM -8:00 PM
13	14	15	16	17	18	19
ENERGY EXPLORATION WITH GILLY 11:00 AM - 12:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM YIN YOGA WITH STEPH 7:00 PM -8:00 PM	FLOW YOGA WITH KELLI 9:00 AM -10:00 AM PILATES FUSION WITH MAEGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM VINYASA FLOW YOGA WITH KELLI 8:00 PM -9:00 PM			YIN YANG YOGA WITH STEPH 8:00 AM - 9:00AM
20	21	22	23	24	25	26
VINYASA YOGA WITH STEPH 8:00 AM - 9:00AM	YIN YANG YOGA WITH STEPH 8:00 AM - 9:00AM YIN YOGA WITH STEPH 7:00 PM -8:00 PM	FLOW YOGA WITH KELLI 9:00 AM -10:00 AM PILATES FUSION WITH MAEGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM VINYASA FLOW YOGA WITH KELLI 8:00 PM -9:00 PM		PILATES FUSION WITH MEAGAN 7:00 PM - 8:00 PM	YIN YANG YOGA WITH STEPH 8:00 AM - 9:00AM
27	28	29	30			
	YIN YANG YOGA WITH STEPH 8:00 AM - 9:00AM YIN YOGA WITH STEPH 7:00 PM -8:00 PM	FLOW YOGA WITH KELLI 9:00 AM -10:00 AM PILATES FUSION WITH MAEGAN 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 9:00 AM - 10:00 AM VINYASA FLOW YOGA WITH KELLI 8:00 PM -9:00 PM			