



FITNESS SCHEDULE

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For more information regarding Resort Activities, please contact Concierge at 780 852 6091, or visit the Concierge Desk located in the Main Lodge from 9:00 AM - 5:30 PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	YIN YANG YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	YIN YANG YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
4	5	6	7	8	9	10
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	YIN YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	YIN YANG YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	YIN YANG YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
11	12	13	14	15	16	17
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	YIN YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM		YIN YANG YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
18	19	20	21	22	23	24
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	YIN YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	YIN YANG YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	YIN YANG YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
25	26	27	28	29	30	
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	YIN YANG YOGA WITH KELLI 7:00 PM - 8:00 PM	AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM	YIN YANG YOGA WITH STEPHANIE 5:00 PM - 6:00 PM	