



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	4	5
		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	MIXED LEVEL FLOW YOGA WITH STEPH 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
6	7	8	9	10	11	12
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	MIXED LEVEL FLOW YOGA WITH STEPH 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
13	14	15	16	17	18	19
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	MIXED LEVEL FLOW YOGA WITH STEPH 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
20	21	22	23	24	25	26
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		MIXED LEVEL FLOW YOGA WITH STEPH 5:00 PM - 6:00 PM	CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 AM
27	28	29	30	31		
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		
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	FLOW YOGA WITH KERSTIN 7:00 PM - 8:00 PM		