



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
					MIXED LEVEL FLOW YOGA WITH STEPH 5:00 PM - 6:00 PM	
3	4	5	6	7	8	9
AQUAFIT WITH MELODY 10:00 AM - 11:00 AM		AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	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
10	11	12	13	14	15	16
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM		AQUAFIT WITH MELODY 10:00 AM - 11:00 AM	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	
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			
17	18	19	20	21	22	23
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM		AQUAFIT WITH MELODY 10:00 AM - 11:00 AM		FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 AM		CANDLELIT YIN YOGA WITH STEPHANIE 9:00 AM - 10:00 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			
24	25	26	27	28		
SLOW FLOW & MEDITATION WITH STEPHANIE 8:30 AM - 9:30 AM		AQUAFIT WITH MELODY 10:00 AM - 11:00 AM		FUNCTIONAL FITNESS WITH XANDER 9:00 AM - 10:00 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			

Please note: Activities are subject to change. Visit jasper-park-lodge.com for more details.