



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
					FUNCTIONAL FITNESS WITH XANDER 9AM - 10AM	CANDLELIT YIN YOGA WITH STEPHANIE 9AM - 10AM
3	4	5	6	7	8	9
RELAX & RESTORE WITH STEPHANIE 8:30AM - 9:30AM AQUAFIT WITH MELODY 10AM - 11AM	PILATES WITH ELLA 5PM - 6PM	YIN YANG YOGA WITH KELLI 7PM - 8PM			PILATES WITH ELLA 9AM - 10AM	CANDLELIT YIN YOGA WITH STEPHANIE 9AM - 10AM
10	11	12	13	14	15	16
RELAX & RESTORE WITH STEPHANIE 8:30AM - 9:30AM AQUAFIT WITH MELODY 10AM - 11AM		AQUAFIT WITH MELODY 10AM - 11AM YIN YANG YOGA WITH KELLI 7PM - 8PM	HEALING THROUGH MOVEMENT WITH GILLY 8:30AM - 9:30AM	FUNCTIONAL FITNESS WITH XANDER 9AM - 10AM	FUNCTIONAL FITNESS WITH XANDER 5PM - 6PM	
17	18	19	20	21	22	23
AQUAFIT WITH MELODY 10AM - 11AM	PILATES WITH ELLA 5PM - 6PM	AQUAFIT WITH MELODY 10AM - 11AM YIN YANG YOGA WITH KELLI 7PM - 8PM	HEALING THROUGH MOVEMENT WITH GILLY 8:30AM - 9:30AM	FUNCTIONAL FITNESS WITH XANDER 9AM - 10AM	SLOW FLOW YOGA WITH STEPH 5PM - 6PM	CANDLELIT YIN YOGA WITH STEPHANIE 9AM - 10AM
24	25	26	27	28	29	30
RELAX & RESTORE WITH STEPHANIE 8:30AM - 9:30PM AQUAFIT WITH MELODY 10AM - 11AM	PILATES WITH ELLA 5PM - 6PM	AQUAFIT WITH MELODY 10AM - 11AM YIN YANG YOGA WITH KELLI 7PM - 8PM	HEALING THROUGH MOVEMENT WITH GILLY 8:30AM - 9:30AM	FUNCTIONAL FITNESS WITH XANDER 9AM - 10AM	SLOW FLOW YOGA WITH STEPH 5PM - 6PM	CANDLELIT YIN YOGA WITH STEPHANIE 9AM - 10AM
31						
RELAX & RESTORE WITH STEPHANIE 8:30AM - 9:30PM AQUAFIT WITH MELODY 10AM - 11AM						

Please note: Activities are subject to change.