### May Group Exercise Class Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am – 7:30am</td>
<td>MUSCLE CONDITIONING</td>
<td>REACH YOUR PEAK</td>
<td>CIRCUIT TRAINING</td>
<td>HIGH ALTITUDE INTENSITY</td>
<td>REACH YOUR PEAK</td>
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<tr>
<td>8:30am – 9:30am</td>
<td>SLOW FLOW YOGA</td>
<td>VINYASA FLOW YOGA</td>
<td>VINYASA FLOW YOGA</td>
<td>VINYASA FLOW YOGA</td>
<td>HIGH ALTITUDE INTENSITY</td>
<td>YIN-YANG YOGA</td>
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<td>10:00am – 11:00am</td>
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<tr>
<td>12:00pm – 12:45pm</td>
<td>FOD ABS</td>
<td>GOLF FIT</td>
<td>FOD ABS</td>
<td>FITNESS KICKBOXING</td>
<td>FOD ABS</td>
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<tr>
<td>5:30pm – 6:30pm</td>
<td>CIRCUIT TRAINING</td>
<td>MUSCLE CONDITIONING</td>
<td>REACH YOUR PEAK</td>
<td>HIGH ALTITUDE INTENSITY</td>
<td>20, 20, 20</td>
<td>CIRCUIT TRAINING</td>
<td>FITNESS KICKBOXING</td>
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**HIGH ALTITUDE INTENSITY**
- Cardio and core interval training with minimal rest. Burn fat and work on that 6 pack at the same time!

**CIRCUIT TRAINING**
- A timed circuit class with strength, cardio & core exercises guaranteed to get you in shape for all your winter activities!

**MUSCLE CONDITIONING**
- A full-body strength training only workout that will tone your body, improve your muscular endurance & improve your metabolic rate.

**FITNESS KICKBOXING**
- Learn real kickboxing techniques while also challenging your speed, agility and power in a safe, efficient class.

**20, 20, 20**
- 20 minutes of strength, 20 minutes of cardio and 20 minutes of core work!

**REACH YOUR PEAK**
- High intensity class incorporating strength exercises, cardio, core work & functional movements to increase strength, power & get the heart pumping!

**FOD ABS**
- FitnessOnDemand is the leading delivery platform of virtual fitness! Come choose from hundreds of unique digital workouts to do with a group. This class will focus specifically on abdominal work.

**GOLF FIT**
- A golf specific class focusing on power, core strength, & stability, and improving your golf game!

**SLOW FLOW YOGA**
- A gentle, beginner level class where the postures flow slowly in a pre-designated sequence.

**VINYASA FLOW YOGA**
- Sequence of movements & postures synchronized with the breath. Generates heat, eliminates toxins, develops flexibility, stamina & balance.

**YIN-YANG YOGA**
- Warm up to open up! A combination of flow yoga and poses held for longer durations to improve flexibility.

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*Classes are for all levels. Please notify your instructor if you have any injuries, special requirements or if you are pregnant.*

*For more information or to inquire about our Personal Training packages, please call the Fitness Centre on 403-762-1774 or ext 1774 from in house, or email BshFitnessStaff@fairmont.com*