GROUP EXERCISE CLASS SCHEDULE

FAIRMONT BANFF SPRINGS

CONTACT US FOR MORE INFO
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 Personal Training, please call ext. 1774 or email: bshFitnessStaff@Fairmont.com. Maximum capacity is 12 participants per class.

CLASS LOCATION: Alhambra Room on M2

REGISTRATION: www.bookeo.com/banffsprings

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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FITNESS & MOVEMENT
Fairmont Fit delivers a deeply satisfying health and fitness experience - progressive, powerful, and above all personal. Find your strength & fitness in one of these classes, designed to help you on your personal fitness journey.

HIGH ALTITUDE INTENSITY
Cardio & core interval training with minimal rest. Burn fat and work on that 6 pack at the same time!

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

REACH YOUR PEAK
High intensity class incorporating strength exercises, cardio, core work and functional movements to increase strength, power and get the heart pumping.

PERSONAL GROWTH PRACTICES
We are all explorers. For many travelers, the richest frontier is within. Fairmont Fit opens the gateway to a range of practices to expand your perspective and cultivate your spirit - from meditation and breath-work to yin yoga and everything in between.

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

VINYASA FLOW YOGA
A sequencing of movements and postures synchronized with the breath. Generates heat, eliminates toxins and develops flexibility, stamina and balance.

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