<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>
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<tbody>
<tr>
<td>6:30am</td>
<td>20,20,20</td>
<td>CIRCUIT TRAINING 6:30am - 7:30am</td>
<td>HIGH ALTITUDE INTENSITY 6:30am - 7:30am</td>
<td>REACH YOUR PEAK 6:30am - 7:30am</td>
<td>CIRCUIT TRAINING 6:30am - 7:30am</td>
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<tr>
<td>8:30am</td>
<td>SLOW FLOW YOGA 8:30am - 9:30am</td>
<td>VINYASA FLOW YOGA 8:30am - 9:30am</td>
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<td>VINYASA FLOW YOGA 8:30am - 9:30am</td>
<td>HIGH ALTITUDE INTENSITY 8:30am - 9:30am</td>
<td>YIN–YANG YOGA 8:30am - 9:30am</td>
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<td>10:00am</td>
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<td></td>
<td>VINYASA FLOW YOGA 10:00am - 11:00am</td>
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<td>MUSCLE CONDITIONING 10:00am - 11:00am</td>
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<tr>
<td>12:00pm</td>
<td>INJURY PREVENTION 12:00pm - 12:30pm</td>
<td>FITNESS KICKBOXING 12:00pm - 12:45pm</td>
<td>POWDER POWER 12:00pm - 12:45pm</td>
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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!

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 and functional movements to increase strength, power and get the heart pumping.

POWDER POWER
A ski and snowboard specific class focusing on core strength and stability, as well as improving power in the lower body.

INJURY PREVENTION
Learn ways to combat or help reduce the effects of workplace injury

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.

CLASS SCHEDULE
March 2020

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

HOURS OF OPERATION: Daily, 6:00am - 11:00pm