



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

CLASS SCHEDULE

July 2020

HOURS OF OPERATION: Daily, 7:00am - 5:00pm

REGISTRATION REQUIRED: Visit [bookeo.com/banffsprings](https://www.bookeo.com/banffsprings)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	OUTDOOR BOOT CAMP 8:00am - 9:00am <i>Meet at Willow Stream Spa Reception (Registration Required)</i>						
8:30am	YIN-YANG YOGA 8:30am - 9:30am @ Mt. Stephen Hall <i>(Registration Required)</i>		SLOW FLOW YOGA 8:30am - 9:30am @ Mt. Stephen Hall <i>(Registration Required)</i>		VINYASA FLOW YOGA 8:30am - 9:30am @ Mt. Stephen Hall <i>(Registration Required)</i>	SLOW FLOW YOGA 8:30am - 9:30am @ Mt. Stephen Hall <i>(Registration Required)</i>	VINYASA FLOW YOGA 8:30am - 9:30am @ Mt. Stephen Hall <i>(Registration Required)</i>
6:00pm	OUTDOOR BOOT CAMP 6:00pm - 7:00pm <i>Meet at Willow Stream Spa Reception (Registration Required)</i>						

Yoga class sizes are limited to 12 people. Register for classes up to 7 days in advance at [bookeo.com/banffsprings](https://www.bookeo.com/banffsprings)

Please bring your own yoga mat if you have one, we can supply a sanitized mat to you if you do not have one, props are not available at this time. Classes are complimentary to hotel guests.

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.

OUTDOOR BOOT CAMP

Outdoor workout designed to help you achieve your best. See Spa Reception to be directed to the outdoor space at the pergola. 60 min classes / using proven techniques and new science driven protocols to help you achieve your highest fitness level.

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.



FAIRMONT FIT

Strong Body. Clear Mind. Full Spirit.