



# 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](mailto:BshFitnessStaff@Fairmont.com)

### CLASS SCHEDULE

November 2023

**HOURS OF OPERATION:** Daily, 24 hours a day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	CIRCUIT CLASS 6:30am - 7:30am	MUSCLE CONDITIONING 6:30am - 7:30am	BOOTCAMP 6:30am - 7:30am	CIRCUIT CLASS 6:30am - 7:30am	BOOTCAMP 6:30am - 7:30am		
8:30am	YIN-YANG YOGA 8:30am - 9:30am	VINYASA FLOW YOGA 8:30am - 9:30am	VINYASA FLOW YOGA 8:30am - 9:30am	VINYASA FLOW YOGA 8:30am - 9:30am	VINYASA FLOW YOGA 8:30am - 9:30am	SLOW FLOW YOGA 8:30am - 9:30am	VINYASA FLOW YOGA 8:30am - 9:30am
9:45am					DANCE CONDITIONING 9:45am - 10:45am	BOOTCAMP 9:45am - 10:45am	CIRCUIT CLASS 9:45am - 10:45am
5:30pm	BOOTCAMP 5:30pm - 6:30pm	BARRE 5:30pm - 6:30pm	MUSCLE CONDITIONING 5:30pm - 6:15pm	BOOTCAMP 5:30pm - 6:30pm	YIN-YANG YOGA 5:30pm - 6:30pm		
6:30pm			PILATES 6:30pm - 7:30pm				

## 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.

### BOOTCAMP

A series of both strength training and cardio fully body movements, designed to provide an over-all full body workout with a variety of movements.

### CIRCUIT CLASS

A timed circuit class with strength, cardio & core exercises guaranteed to get you in shape for all your summer activities.

### BARRE CLASS

A full body workout that strengthens and lengthens using isometric movements, light weights and mat work.

### PILATES

A form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

### MUSCLE CONDITIONING

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

### DANCE CONDITIONING

Aerobics meets dance fitness in this light-hearted class. Work on your strength, agility, and flexibility set to music.

## 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.

## GUESTROOM 'ALL BE WELL' TV CHANNEL

Accor has partnered with Three Sages, an app that offers succinct, accessible and carefully curated wellness experiences. Something they call 'Sips of Wellness.'

Sips of Wellness is designed to help people integrate healthier practices into their lives and make travel less stressful. Simply go to the menu on your guest room television, select the category 'All Be Well' to choose from the playlist categories - yoga, stretch, mindful breath, mindfulness and sleep.

*Please contact Royal Service at extension 1701 should you wish to have a yoga mat delivered to your guest room.*

