



# 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)

HOURS OF OPERATION: Daily, 24 hours a day

### CLASS SCHEDULE JANUARY 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	CIRCUIT CLASS 6:30am - 7:30am		BOOTCAMP 6:30am - 7:30am		BOOTCAMP 6:30am - 7:30am		
8:30am	YIN 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		MUSCLE CONDITIONING 9:45am - 10:45am		CIRCUIT CLASS 9:45am - 10:45am	AQUAFIT 9:45am - 10:45am	MUSCLE CONDITIONING 9:45am - 10:45am	CIRCUIT CLASS 9:45am - 10:45am
5:30pm	BOOTCAMP 5:30pm - 6:15pm	BARRE 5:30pm - 6:30pm	MUSCLE CONDITIONING 5:30pm - 6:30pm	BOOTCAMP 5:30pm - 6:30pm	BOOTCAMP 5:30pm - 6:30pm		MUSCLE CONDITIONING 5:30pm - 6:30pm
6:30pm	PILATES 6:30pm - 7:15pm						
6:45pm			ZUMBA 6:45pm - 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 high-energy, full-body workout designed to build strength, improve endurance, and boost overall fitness.

#### CIRCUIT CLASS

This fitness class features a series of timed stations that combine strength, cardio, and functional movements for a full-body workout.

#### BARRE CLASS

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

#### PILATES

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

#### MUSCLE CONDITIONING

A full-body workout designed to tone and strengthen muscles using a variety of equipment.

#### AQUAFIT

Aquafit is a dynamic water-based fitness class that combines aerobic exercises with the resistance of water to improve cardiovascular health, strength, and flexibility in a low-impact environment.

### 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 hatha flow class for all levels.

#### 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.

#### YIN YOGA

Yin yoga is a slow-paced, meditative style of yoga that focuses on holding poses for extended periods.

### 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,

