



# 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

APRIL 2026

HOURS OF OPERATION: Daily, 24 hours a day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	<b>CIRCUIT CLASS</b> 6:30am - 7:30am		<b>BOOTCAMP</b> 6:30am - 7:30am		<b>FUNCTIONAL STRENGTH</b> 6:30am - 7:30am		
8:30am	<b>YIN YOGA</b> 8:30am - 9:30am	<b>VINYASA FLOW YOGA</b> 8:30am - 9:30am	<b>VINYASA FLOW YOGA</b> 8:30am - 9:30am	<b>VINYASA FLOW YOGA</b> 8:30am - 9:30am	<b>VINYASA FLOW YOGA</b> 8:30am - 9:30am	<b>SLOW FLOW YOGA</b> 8:30am - 9:30am <b>SOUND BATHING</b> 8:30am - 9:30am @Fairmont Spa	<b>VINYASA FLOW YOGA</b> 8:30am - 9:30am
9:45am		<b>MUSCLE CONDITIONING</b> 9:45am - 10:45am		<b>CIRCUIT CLASS</b> 9:45am - 10:45am		<b>BODY SCULPT</b> 9:45am - 10:45am	<b>CIRCUIT CLASS</b> 9:45am - 10:45am
10:00am					<b>RESTORATIVE MOVEMENT</b> 10:00am - 11:00am		
5:30pm	<b>BOOTCAMP</b> 5:30pm - 6:15pm	<b>BARRE</b> 5:30pm - 6:30pm	<b>MUSCLE CONDITIONING</b> 5:30pm - 6:30pm	<b>BODY SCULPT</b> 5:30pm - 6:30pm	<b>BOOTCAMP</b> 5:30pm - 6:30pm		<b>BOOTCAMP</b> 5:30pm - 6:30pm
6:30pm	<b>PILATES</b> 6:30pm - 7:30pm				<b>SOUND BATHING</b> 6:30pm - 7:30pm @Fairmont Spa		
6:45pm		<b>FUNCTIONAL MOBILITY</b> 6:45pm - 7:45pm	<b>ZUMBA</b> 6:45pm - 7:30pm				

**Please note:** The Studio will be closed on April 30th from 7PM to 8PM for a private event.

## 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.

### MUSCLE CONDITIONING

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

### PILATES

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

### FUNCTIONAL MOBILITY

A mobility-focused class rooted in functional movement and longevity, blending breath work, intentional holds, and strength patterns to increase flexibility and reinforce joint stability.

### BODY SCULPT

Using minimal equipment, you'll tone and define areas like the arms, legs, and core (without building excessive muscle mass).

## 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 YOGA

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

### SOUND BATHING

Held in the Fairmont Spa's Recovery Lounge, guided by intention and immersed in soothing frequencies, you're gently led into a state of deep restoration, alignment, and quiet clarity.

### RESTORATIVE MOVEMENT

A slower-paced class designed to build strength through control, awareness, and breath. Blending elements of mobility, stability, and low-impact strength work, this session focuses on improving joint health, posture, and movement quality. Expect controlled exercises, longer holds, and time to truly connect to how your body moves and feels.

Suitable for all levels, particularly those looking to support recovery, reduce injury risk, or build a stronger foundation.

## 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.

