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

OCTOBER 2026

HOURS OF OPERATION: Daily, 24 hours a day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	**CIRCUIT CLASS** 6:30am - 7:30am		**BOOTCAMP** 6:30am - 7:30am		**LOADED MOBILITY** 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	**BODY SCULPT** 9:45am - 10:45am	**CARDIO BLAST** 9:45am - 10:45am	**CIRCUIT CLASS** 9:45am - 10:45am
5:30pm	**CARDIO BLAST** 5:30pm - 6:30pm	**BARRE** 5:30pm - 6:30pm	**MUSCLE CONDITIONING** 5:30pm - 6:30pm	**BOOTCAMP** 5:30pm - 6:30pm			**BOOTCAMP** 5:30pm - 6:30pm
6:30pm	**PILATES** 6:30pm - 7:30pm				**SOUND BATHING** 6:30pm - 7:30pm @Fairmont Spa		
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.

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.

CARDIO BLAST
Get your heart pumping with this high-energy workout designed to boost endurance, improve cardiovascular fitness, and leave you feeling energized. Expect a mix of dynamic movements and intervals suitable for a variety of fitness levels.

BODY SCULPT
Build strength and tone from head to toe in this full-body workout focused on muscular endurance and controlled movement. Using a combination of bodyweight and equipment-based exercises, you'll leave feeling stronger and refreshed.

LOADED MOBILITY
Loaded Mobility is a full-body class that blends mobility training with resistance exercises to increase flexibility, strength, and joint stability. Experience improved movement, better posture, and enhanced athletic performance through controlled, purposeful movement under load. Suitable for all fitness levels.

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.

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.

Fairmont BANFF SPRINGS | FAIRMONT FIT
Strong Body. Clear Mind. Full Spirit.