



GROUP EXERCISE CLASS SCHEDULE

July 2024

FAIRMONT BANFF SPRINGS



	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-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		MUSCLE CONDITIONING 9:45am - 10:45am		CIRCUIT CLASS 9:45am - 10:45am	DANCE CONDITIONING 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	YIN YOGA 5:30pm - 6:30pm		
6:30pm	PILATES 6:30pm - 7:15pm						

CLASS SCHEDULE JULY 2024

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

HOURS OF OPERATION: Daily, 24 hours a day

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.

CORE + STRETCH

Using a variety of exercises to activate, strengthen and tone your core muscles followed by a full body stretch to lengthen and relax your muscles.

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.



Strong Body. Clear Mind. Full Spirit.