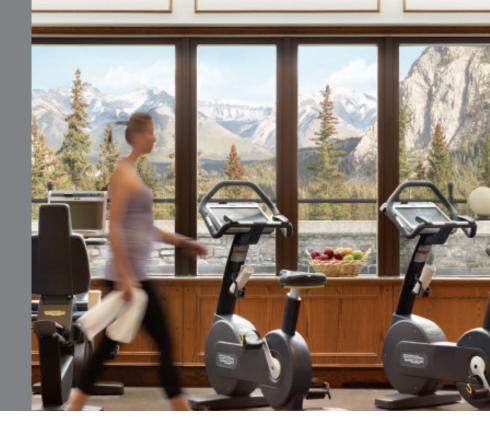


GROUP EXERCISE CLASS SCHEDULE

FAIRMONT BANFF SPRINGS



CONTACT US FOR MORE INFO

CLASS SCHEDULE

DECEMBER 2024

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

| | 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 | AQUAFIT 9:45am - 10:15am | 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 | | |
| 6:30pm | PILATES 6:30pm - 7:15pm | | | | | | |
| 6:45pm | | YIN YOGA 6:45pm - 7:45pm | | PLEASE NOTE: T | here will be no classe: | s on Christmas Day, no I | Barre class and no eve |

PLEASE NOTE: There will be no classes on Christmas Day, no Barre class and no evening Yin Yoga class on December 24th, and no AquaFit class on December 27th.

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.

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.

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.'

