

Chetola Resort's August Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6 Morning Stretch@9:00am Yoga- 9:30am
7	8 Slow Flow Yoga with a Twist (5pm-6pm) *Beginner Level*	9 Pilates with Kim@8:00am Kids Camp Room	10	11	12 Bootcamp with Catherine-8:00am Kids Camp Room	13 Morning Stretch@9:00am Yoga- 9:30am
14	15 Slow Flow Yoga with a Twist (5pm-6pm) *Beginner Level*	16 Pilates with Kim@8:00am Kids Camp Room	17 Bootcamp with Catherine-8:00am Kids Camp Room	18	19	20 Morning Stretch@9:00am Yoga- 9:30am
21	22 Slow Flow Yoga with a Twist (5pm-6pm) *Beginner Level*	23 Pilates with Kim@8:00am Kids Camp Room	24 Bootcamp with Catherine-8:00am Kids Camp Room	25	26	27 Morning Stretch@9:00am Yoga- 9:30am
28	29 Slow Flow Yoga with a Twist (5pm-6pm) *Beginner Level*	30 Pilates with Kim@8:00am Kids Camp Room	31 Bootcamp with Catherine-8:00am Kids Camp Room	1	2	3