



Chetola Resort December Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 Cardiosculpt with Trish- 7:45am- Camp Room	30 Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm-8:00pm- Camp Room	1 Bootcamp with Catherine- 8:00am- Camp Room	2 Fully Functional Fitness with Joe- 8:00am- Camp Room Bingo!- 6:30pm-8:00pm- Camp Room	3 Cardiosculpt with Trish- 7:45am- Camp Room Bonfire with S'mores by the lake- 6pm-9pm	4 Saturday Sweat HIIT with Joe- 8:00am Bonfire with S'mores by the lake- 6pm-9pm Christmas Movie Night in Camp Room- 7pm-9pm
5	6	7	8	9	10	11
	Cardiosculpt with Trish- 7:45am- Camp Room	Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm-8:00pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room	Fully Functional Fitness with Joe- 8:00am- Camp Room Bingo!- 6:30pm-8:00pm- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Hike the Blue Ridge Mountains at Rough Ridge- 10:00am or 2:00pm- Call Rec. Center Desk to book your spots. Limited Availability Bonfire with S'mores by the lake- 6pm-9pm	No class scheduled. Consult Recreation Desk if class has been substituted Bonfire with S'mores by the lake- 6pm-9pm Christmas Movie Night in Camp Room- 7pm-9pm
12	13	14	15	16	17	18
	Cardiosculpt with Trish- 7:45am- Camp Room	Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm-8:00pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room	No Fitness Class this Morning Bingo!- 6:30pm-8:00p- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Hike the Blue Ridge Mountains at Rough Ridge- 10:00am or 2:00pm- Call Rec. Center Desk to book your spots. Limited Availability Bonfire with S'mores by the lake- 6pm-9pm	No class scheduled. Consult Recreation Desk if class has been substituted Bonfire with S'mores by the lake- 6pm-9pm Christmas Movie Night in Camp Room 7pm-9pm
19	20	21	22	23	24	25
	Cardiosculpt with Trish- 7:45am- Camp Room	Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm-8:00pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room	No Fitness class this Morning. Bingo!- 6:30pm-8:00pm- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Hike the Blue Ridge Mountains at Rough Ridge- 10:00am or 2:00pm- Call Rec. Center Desk to book your spots. Limited Availability Rec Center Closing at 7:00pm tonight! Bonfire with S'mores by the lake- 6pm-9pm	Merry Christmas! Recreation Center Closing at 5:00pm for the Holiday
26	27	28	29	30	31	
	Cardiosculpt with Trish- 7:45am- Camp Room	Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm-8:00pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room	No Fitness class this morning Bingo!- 6:30pm-8:00pm- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Hike the Blue Ridge Mountains at Rough Ridge- 10:00am or 2:00pm- Call Rec. Center Desk to book your spots. Limited Availability Bonfire with S'mores by the lake- 6pm-9pm	<div>For any questions regarding the Recreation Center or Activities, please contact the Recreation front desk at 1-828-295-5535</div>