







Chetola Resort January Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Cardiosculpt with Trish- 7:45am- Camp Room	4 Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	5 Bootcamp with Catherine- 8:00am- Camp Room	6 Fully Functional Fitness with Joe- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	7 Cardiosculpt with Trish- 7:45am- Camp Room Bonfire with S'mores by the lake- 6pm-9pm	8 Saturday Sweat HIIT with Joe- 8:00am Morning Stretch- 9:00am Yoga- 9:30am Bonfire with S'mores by the lake- 6pm-9pm Movie Night in Camp Room- 7pm-9pm
9 	10 Cardiosculpt with Trish- 7:45am- Camp Room	11 Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	12 Bootcamp with Catherine- 8:00am- Camp Room	13 Fully Functional Fitness with Joe- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	14 Cardiosculpt with Trish- 7:45am- Camp Room Bonfire with S'mores by the lake- 6pm-9pm	15 Saturday Sweat HIIT with Joe- 8:00am Morning Stretch- 9:00am Yoga- 9:30am Bonfire with S'mores by the lake- 6pm-9pm Movie Night in Camp Room- 7pm-9pm
16 	17 Cardiosculpt with Trish- 7:45am- Camp Room	18 Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	19 Bootcamp with Catherine- 8:00am- Camp Room	20 Fully Functional Fitness with Joe- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	21 Cardiosculpt with Trish- 7:45am- Camp Room Bonfire with S'mores by the lake- 6pm-9pm	22 Saturday Sweat HIIT with Joe- 8:00am Morning Stretch- 9:00am Yoga- 9:30am Bonfire with S'mores by the lake- 6pm-9pm Movie Night in Camp Room- 7pm-9pm
23 	24 Cardiosculpt with Trish- 7:45am- Camp Room	25 Pilates with Kim- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	26 Bootcamp with Catherine- 8:00am- Camp Room	27 Fully Functional Fitness with Joe- 8:00am- Camp Room Game Night!- 6:00pm- 8:00pm- Camp Room	28 Cardiosculpt with Trish- 7:45am- Camp Room Bonfire with S'mores by the lake- 6pm-9pm	29 Saturday Sweat HIIT with Joe- 8:00am Morning Stretch- 9:00am Yoga- 9:30am Bonfire with S'mores by the lake- 6pm-9pm Movie Night in Camp Room- 7pm-9pm
30 	31 Cardiosculpt with Trish- 7:45am- Camp Room	<p>The weekend of January 29th is Winterfest in Blowing Rock. There will be a Polar Plunge, Kid's Activities, and Bonfires at the lake offered by Chetola. Many other businesses and agencies are participating in Winterfest in the town of Blowing Rock and we encourage everyone to pick up a Winterfest brochure at the front desk for all the events happening around town that weekend! We can't wait to see you then!</p>				<p>For any questions regarding the Recreation Center or Activities, please contact the Recreation front desk at 1-828-295-5535</p>

