





Chetola Resort November Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	2 Pilates with Kim- 8:00am- Camp Room Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Game Night!- 6:00pm- Camp Room	3 Bootcamp with Catherine- 8:00am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	4 Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Bingo!- 6:30pm-8:00pm	5 Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room Bonfire by the lake- 6pm-9pm smores!	6 Morning Stretch with Dee- 9:00am- 9:30am- Camp Room Yoga with Dee- 9:30am Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Bonfire by the lake- 6pm-9pm Movie Night in Evergreen!- 7pm-9pm
7	8	9	10	11	12	13
Kids Crafting(parent supervised)- 10am-5pm- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	Pilates with Kim- 8:00am- Camp Room Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Artsy and Crafty Group- 6:30pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck	Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room Bonfire by the Lake- 6pm-9pm	Morning Stretch with Dee- 9:00am- 9:30am- Camp Room Yoga with Dee- 9:30am Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Bonfire by the lake- 6pm-9pm Movie Night in Evergreen!- 7pm-9pm
14	15	16	17	18	19	20
Kids Crafting(parent supervised)- 10am-5pm- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	Pilates with Kim- 8:00am- Camp Room Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Game Night!- 6:00pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room-	Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Bingo!- 6:30pm-8:00pm	Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room Bonfire by the lake- 6pm-9pm	Morning Stretch with Dee- 9:00am- 9:30am- Camp Room Yoga with Dee- 9:30am Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Bonfire by the lake- 6pm-9pm Movie Night in Evergreen 7pm-9pm
21	22	23	24	25	26	27
Kids Crafting(parent supervised)- 10am-5pm- Camp Room	Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	Pilates with Kim- 8:00am- Camp Room Tennis with Gene- 9:00am- Tennis Courts Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Artsy and Crafty Group- 6:30pm- Camp Room	Bootcamp with Catherine- 8:00am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room	Cardiosculpt with Trish- 8:30am- Camp Room Yoga with Catherine- 9:30am- Camp Room Happy Thanksgiving!!	Cardiosculpt with Trish- 7:45am- Camp Room Chair Exercise with Vogan- 9:00am- Camp Room Bonfire by the lake- 6pm-9pm Festival of Lights- Dusk-10:00pm Storytime with Santa- Reservation Req. Carriage Rides- Reservation Required	Morning Stretch with Dee- 9:00am- 9:30am- Camp Room Yoga with Dee- 9:30am Walking Group- 4:00pm- Meet at Highland Sports Pool Deck Bonfire by the lake- 6pm-9pm Festival of Lights- Dusk-10:00pm Storytime with Santa- Reservation Req. Carriage Rides- Reservation Required
28	29	30				For any questions regarding the Recreation Center or Activities, please contact the Recreation front desk at 1-828-295-5535
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