

MANITOU CELEBRITY INSTAGRAM LIVE TAKEOVER: WEEK 1

ADDITIONAL SUPPLIES

SATURDAY MARCH 28th: TikToks with Aimee!

- Just clothes you can move around in!

SUNDAY MARCH 29th: Painting with Amber!

- Watercolour paints
- Paper
- Paintbrush
- Cup filled with water
- Smock (optional)

MONDAY MARCH 29th: Yoga with Rach!

- Clothes you can move around in
- Yoga Mat (optional)

TUESDAY MARCH 30th: World Games Trivia with Matt!

- Fast fingers
- Review of videos in [archive](#) for a leg up on the competition (optional)

WEDNESDAY MARCH 31st: Stretch with Jenni!

- Clothes you can move around in
- Yoga Mat (optional)

THURSDAY APRIL 1st: Baking with Shelley!

- 4 Mars bars (or whatever tuck you have around!)
- 1 stick butter
- 3 tbsp honey
- 4 cups Rice Krispies (or cereal)
- 1 bag chocolate chips

FRIDAY APRIL 2nd: Singing with Paige!

- Enthusiasm
- A glass of water (optional)

WEEK 1 SCHEDULE



CAMP MANITOU INSTAGRAM LIVE TAKEOVER

STARTING MARCH 28 - EVERYDAY AT 4PM EST!

SATURDAY



AIMEE all the way from Australia is here to teach you the TOP 5 TikTok dances! Get ready to shake and move it all around!



SUNDAY



AMBER Head of Creative Arts is excited to lead an art class! Grab your paintbrush, watercolours and some imagination too!



MONDAY



RACH is ready to help us centre our minds and bodies with some yoga. Grab a mat and some comfy clothes - see you there!



TUESDAY



MATT is taking us back in time with over 20 years of epic World Games trivia! Think you can outsmart the WG legend? Tune in!



WEDNESDAY



JENNI from JD Personal Training is here to get us moving with a mid-day stretch. It's time to get up and get our hearts pumping!



THURSDAY



SHELLEY from "Baking with Shelley" is bringing her most popular cabin activity to you. Time to make something delicious!



FRIDAY



PAIGE is pumped for an epic campwide sing-a-long! Let's all belt it out together and imagine we are around the campfire.

