



Achieve Tahoe Virtual Programming:

Geared towards our participants and family members/care providers & free and open to all.

Fitness Class: Full Body Workout with Kimberly

This course will start with a brief warm-up and then take you through two circuits. The first circuit is five exercises, all standing, three rounds. The second circuit is five exercises, all on the mat, three rounds.

When: Mondays in September and October 2020

Time: 11:00am-11:40am PST

Equipment Needed: An open space, yoga mat or towel, water bottle, and weights or canned goods.

Instructor: Kimberly

Zoom Link to Join (free and you don't need to pre-register!):

Join Zoom Meeting:

<https://us02web.zoom.us/j/86598519756?pwd=bDRKdEQ5VGJFN1FiYWlvc0ZrbFJjUT09>

Meeting ID: 865 9851 9756

Password: 165426

Disclaimer: *By joining the Zoom meeting, you are indicating that you have read, understand, and assume the [risks and agreements](#) of engaging in Achieve Tahoe programs via remote platforms such as zoom.*

"If I Can Do This, I Can Do Anything!"sm

Tel: 530.581.4161 | Fax: 530.999.2245 | P.O. Box 8339, Truckee, CA 96162 | www.AchieveTahoe.org

Physical Address: 2680 Alpine Meadows Road, Alpine Meadows, CA 96146