



Achieve Tahoe Virtual Programming:

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

Fitness Class: Core with Camille

This course will start with a warm up and then take you through fun and simple exercises that focus on strengthening your core. This course can be adapted for all abilities.

When: Thursdays in September and October 2020

Time: 4:00pm-4:40pm PST

Equipment Needed: An open space, yoga mat or towel, water bottle.

Instructor: Camille

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

Join Zoom Meeting:

<https://us02web.zoom.us/j/87309770150?pwd=SjN6MytQaXk4S3RKVnd2eG55Rlo3Zz09>

Meeting ID: 873 0977 0150

Password: 475362

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

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