



Achieve Tahoe Virtual Programming:

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

Fitness Class: Legs with Camille

This course will start with a warm up and then take you through fun and simple exercises that focus on strengthening your legs.

When: Tuesdays 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/85486277308?pwd=VzBIRzNGeDV1dnpHa3QwQ21GeTNmUT09>

Meeting ID: 854 8627 7308

Password: 947673

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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