



Achieve Tahoe Virtual Programming:

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

Seated Workout Class with Marina

Join Marina for a fun and simple workout while seated! The class starts with a warm up and light cardio. Marina will then lead you through strengthening exercises that target different upper body muscle groups. This course can be adapted for all abilities.

When: Wednesdays in September and October 2020

Time: 3:00pm - 3:40pm PST

Equipment Needed: A chair or wheelchair, a broom (or other lightweight stick or ski pole), and light weights (e.g. soup can, water bottle, jars of beans).

Instructor: Marina

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

Join Zoom Meeting:

<https://us02web.zoom.us/j/85126374524?pwd=b0E0ZTM4L3ZENVJnN1NCM3dqa3MrUT09>

Meeting ID: 851 2637 4524

Password: 306773

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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