



CITY OF SOUTH LAKE TAHOE  
Recreation Services

# Altitude FIT

## Strength & Mobility Class

A four week program at Regan Beach West  
with Chris & Anna Dorazio  
in partnership with  
South Lake Tahoe Department of Recreation



**JULY 2016**  
**Saturdays 8am**  
**Sundays 9am**  
**Tuesdays 8:30am**  
**Thursdays 8:30am**

**Outdoors**  
**at Regan Beach West**

Join the “Altitude Fit” Team Chris & Anna Dorazio to combine the energy of a fast paced workout with the serenity of yoga related mobility movements under the beautiful backdrop of Regan Beach. Experience an outdoor workout that will challenge your endurance, build strength and increase your mobility through dynamic warm-ups, bodyweight conditioning and recovery yoga-mobilizing. All ages and skill levels are welcomed! Embrace the good weather, fresh air workouts outdoors and get ready for the summer! Please dress accordingly, bring a beach towel, sunscreen and water!

\$10 per class

Sign up at <https://cslt.siplay.com>

Info 858-342-1672