



# ***FITCAMP IN THE PARK***

Tahoe Flow Arts & Fitness and North Tahoe Recreation present a **FREE**, progressive strength-based full-body workout. Exercises are done with body weight, and instructors will focus on proper alignment with strength-building techniques.

- **Dates:** Tuesdays (May 24th, June 28th, July 26th, Aug. 30th, Sept. 27th)
- **Time:** 6:00pm-7:00pm
- **Location:** North Tahoe Regional Park
- **Cost:** FREE (Walk-ups are welcome, registration preferred)

**REGISTER AT: <https://bit.ly/fitcampntpud>**

**[WWW.NORTHTAHOERECREATION.COM](http://WWW.NORTHTAHOERECREATION.COM)**

