

# Winter Fitness for women

Northstar-at-Tahoe & Luna Chix Presents: Snowshoe and Cross-Country Ski your Way to Winter Fitness on Oct. 28 at 6:30pm.

Snowshoeing and cross-country skiing offer an active alternative to snowed in cabin fever. And a bonus side benefit is the aerobic activity keeps the body toasty warm.

\* Location: REI, Reno, 2225 Harvard Way (across from Costco)

\* Contact: REI Customer Service at 775-828-9090

\* Cost: Free