

KTHO and the importance of exercise

No wonder Sierra Athletic Club is called the “gym with a view.” On Sunday, those exercising at the South Lake Tahoe gym in the Tahoe Keys could watch predator birds flying around. On Monday, it was a coyote pacing Venice Drive on the edge of the meadow. Bears have also been part of the wildlife experience.



Views at
Sierra
Athletic Club
make
exercising
less painful.
Photo/Kathryn
Reed

To learn something about what’s going with actual exercising at the club, listen to KTHO FM-96.1/AM-590 (www.kthoradio.com) on Saturday at 10am or Monday at 6pm when Sierra Athletic Club trainer Rhonda Beckham talks with *Lake Tahoe News* Publisher Kathryn Reed. Beckham, who owns Help Me Rhonda personal training and Pilates, talks about health and fitness.