

# Winter Warm Up fitness event in Incline

High Altitude Fitness in Incline Village is hosting a Winter Warm Up on Nov. 6.

There will be fitness classes, personal training assessments, chair massage, climbing demonstrations, nutrition, wellness talks, and more from 4:30-8pm.

Classes will range from TRX, Pilates, cycling, winter sports conditioning to training for rock climbing. Information about voice print nutrition analysis, essential oils, natural supplements, and more will be available

While the event is free, donations will be accepted to benefit High Fives Foundation.

For more info, email [kyra@highaltitudefit.net](mailto:kyra@highaltitudefit.net) or call 775.831.4212.