

# South Tahoe wellness challenge – basketball

South Lake Tahoe Recreation Department is offering a program for community members to participate in called the Monthly Wellness Challenge. The May Wellness Challenge is basketball.

Extended hours at the rec center allow for pick-up games. Drop in basketball hours are being offered Monday-Saturday from noon-5pm.

Each month a different activity will be offered for community members to experience such as weight lifting, lap swimming, cardio machines, basketball, ping pong, climbing the traversing wall, and more. Included each month will be information on general fitness tips to increase product knowledge and safety. After paying the daily use fee, participants will track the amount of time spent in the recreation center weight room from May 1-31.

Participants may sign up for the program with front desk personnel. Staff will post participant's progress on a display in the weight room to inspire participants. At the end of the month the person with the most time logged is crowned the winner for that month.

For more information, call 530.542.6056.