



EXERCISE RESOURCE LIST: TAHOE'S EXERCISE AS MEDICINE

Exercise Facilities

Truckee

Elevation Fitness Club
530 587-5900
www.elevationfitnessclub.com

Sierra Sports and Physical Therapy
530 587-9355
www.sierrahealing.com

Tahoe Donner Recreation Center
530 582-7720
www.tdrpd.com

Full Circle Movement
530 587-3232
www.fullcirclemovement.com

Sports Exchange and Rock Climbing Gym
530 582-4510
www.truckeesportsexchange.com

Tahoe Forest Physical Therapy
530 587-1062
www.tfhd.com

High Sierra Fitness Center
530 587-0184

Tahoe Center for Health and Sports Performance
530 587-3769
www.tfhd.com

North Tahoe

A Sante Lakeside Fitness
530 583-4283
www.asantefitness.com

Crossfit Avalanche
530 546-7703
www.crossfitavalanche.com

Tahoe Forest Physical Therapy
530 583-5109
www.tfhd.com

Age Well Fitness Center
530 546-7581

Inside Out Fitness Center
530 581-5541
www.relevantyellow.com

Incline Village

High Altitude Fitness
775 831-4212
www.highaltitudefit.com

IVCH Physical Therapy
and Medical Fitness Center
775 831-1964
www.tfhd.com

Perfect Workout
775 832-7100

Incline Village Parks and Recreation
775 832-1300
www.inclinerecreation.com

Swimming Facilities

All Areas

Incline Village Parks and Recreation
775 832-1300
www.inclinerecreation.com

Truckee Donner Recreation and Park District Community Pool
530 582-7725
www.tdrpd.com

Walking Groups / Hiking

All Areas

California State Parks Donner
Memorial State Park
530 582-7892
www.parks.ca.gov

Tahoe Rim Trail
www.tahoerimtrail.org

Tahoes Best
www.tahoesbest.com/hiking

Go Tahoe North
[www.gotahoenorth.com/
events-and-activities/summer/hiking](http://www.gotahoenorth.com/events-and-activities/summer/hiking)

Tahoe Trail Trekkers
www.tahoetrailtrekkers.org

Yoga / Pilates

Truckee

Bikram Yoga College
530 582-4111
www.bikramyogasierra.com

Tahoe Center for Health
and Sports Performance
530 587-3769
www.tfhd.com

Tahoe Yoga and Wellness Center
530 550-8333
www.tahoeyoga.com

Full Circle Movement
530 587-3232
www.fullcirclemovement.com

Tahoe City

Tahoe Yoga Institute
530 581-1005
www.tahoeyogainstitute.com

Mountain Lotus Yoga
530 583-7500
www.mountainlotusyoga.com

Yoga Space
530 581-1933

Kings Beach

Lake Tahoe Wellness Center
530 546-8201
www.laketahoewellnesscenter.com

Pilates Bodies
530 546-7282

Incline Village

Awareness Village
775 831-1919
www.awarenessvillage.com

Perfect Workout
775 832-7100

Yoga Spa Tahoe
775 833-2013
www.yogaspatatahoe.com

Deborah Devine Pilates Studio
775 831-3003

Biking

All Areas

Cyclepaths Bike Shop
www.cyclepaths.com

Paco's Bike and Ski
www.pacosbikeandski.com

Tahoebest
www.tahoebest.com/biking/bikeparks.htm

Go Tahoe North
www.gotahoenorth.com/events-and-activities/summer/biking

Tahoe Adventure Sports
www.tahoeadventuresports.com/mbikeindex/mbikehome.htm

The Flume Trail
www.theflumetrail.com

Northstar at Tahoe Mountain Biking
www.northstaratahое.com/info/summer/biking

Tahoe Mountain Biking
www.tahoomountainbiking.ning.com

Paddling

All Areas

Kayak Tahoe
www.kayaktahoe.com/tours.html

Tahoe Eco Sports
www.tahoecosports.com

Water Trails.com
www.trails.com/activity.aspx?area=13099

Tahoe Adventure Company
www.tahoeadventurecompany.com

Tahoe Paddle and Oar
530 581-3029
www.tahoepaddle.com/lake-tahoe-kayak-store

Westshore Sports
530 525-9920
www.westshoresports.com

Youth Activities

Truckee

KidZone Museum
530 587-5437
www.kidzonemuseum.org

My Playground
530 587-7404
www.playgroundcentral.com

Truckee Donner Recreation and
Park District (Plus Skate Park)
530 582-7766
www.tdrpd.com

Tahoe City

Rideout Community Center
530 583-3440 Ext. 10

Kings Beach

Boys and Girls Club of North Lake Tahoe
530 546-4324
www.bgcnlft.com