



Group Exercise and Small Group Training

Schedule is subject to change – up to date information available at tfhd.com and on the Mindbody app
 All classes are 55 minutes unless otherwise noted *Additional Fee - Please see the Navigators for information.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		7am Happy Hour All Levels Yoga \$5 Joanna					
8am		8:45am Easy Movement & Self-Massage Coral	8:45am All Levels Yoga Wendy	8:45am Happy Hour All Levels Yoga \$5 Lisa			
9am	9:30-10:00 *Silver Sneakers Stability Liz	9:45am Group Pilates Reformer Nancy *Additional Fee			9:30-10:00 *Silver Sneakers Stability Liz	9:15am All Levels Yoga Lisa	9:15am Pilates Mat Joanna
10am	10am Fitness Forever Liz	10:00 Gentle Pilates Mat Marissa	10am Fitness Forever Liz		10am Fitness Forever Liz		
11am - 2pm						March Workshops & Programs Boot Camp Mons/Weds, starting March 2nd-26th 5:30-6:30pm Baby Massage Weds, March 4 th -25 th 1:00-3:30pm Free! Total Joint Thurs, March 6 th 5-6:30pm Tue, March 17 th 2-3:30 pm Yoga Basics Thurs, March 12 th 5:30-7:30pm Free! Your Authentic Wellness Thurs, March 12 th & 26 th 5:15-6:30pm Infant & Child CPR Fri, March 13 th 6:00-8:00pm Tahoe Forest Cooking Club Tues, March 17 th 5:30pm-7:30pm IVCH Prenatal Classes Fri, March 28 th & Sat March 29 th 9:00-1:00pm	
4pm		4:30pm Happy Hour Mindful Movement & Self-Massage \$5 Wendy			4:30pm Happy Hour All Levels Yoga \$5 Wendy/Joanna		
5pm			5:15pm Strength & Stretch Wendy	5pm Cardio & Strength Joanna			

March Schedule Changes :

Monday, Mar 2nd classes - Joanna
 Wednesday, Mar 4th Fitness Forever - Wendy
 Thursday, Mar 5th Happy Hour Yoga – CANCELLED
 Friday, Mar 6th Silv Sneaks/Fit Forever - CANCELLED
 Tuesday, Mar 17th 8:45 Movement – CANCELLED
 Tuesday, Mar 31st Both Movement - CANCELLED



Hours of Operation: Monday - Friday 6:30am - 6:30pm, Saturday 7:45am - 4:00pm, Sunday 8am – 1pm
 10710 Donner Pass Rd. • Truckee, Ca 96161 • 530.587.3769 • tfhd.com • wellness@tfhd.com

Keep up to date on all events by signing up for our monthly newsletter here:
<https://www.tfhd.com/wellness-signup>

View class schedules on the MindBody App! Search for MINDBODY
 "Tahoe Forest Health System"

Tahoe Forest Center for Health Class Descriptions:

All Levels Yoga - This mixed level class allows you to work at your own level to stretch, strengthen and restore your body & mind! *All levels welcome.*

Cardio & Strength - Cardio, core, functional, and balance training all wrapped up in one hour for a full body workout! This class focuses on increasing your cardiovascular endurance in addition to strength moves that will prepare you for the season ahead. *Intermediate experience with strength & cardio exercise please.*

Strength & Stretch - This class is designed to increase physical strength through body weight and resistance exercise. It is the ultimate muscle building and stretching combination. Modifications are always available, making these classes great for all fitness levels.

Easy Movement & Self-Massage - Get ready to improve mobility and range of motion through the use of foam rollers, stretching and other myofascial release techniques. Deep breathing and deep tissue self-massage will be employed to bring more ease and suppleness to the body and mind. *All levels welcome.*

Fitness Forever - A senior program combining low/non-impact cardio, light weight training, balance, flexibility and functional fitness to tone muscles while building endurance. *All levels welcome.*

Gentle Pilates Mat – A safe and gentle flow of Pilates exercises that will help you connect with your core while increasing muscle tone and flexibility. No experience necessary. *All levels welcome.*

Happy Hour Classes – Community classes offered weekly at a \$5 Drop In rate! Also included with any group exercise membership. *All levels welcome.*

Mindful Movement & Self Massage – Using foam rollers and tennis balls for self-massage, students may release tension in soft tissues for greater comfort and relaxation in the physical body. Mindful movement uses restorative yoga postures, mirror biofeedback, stretches and hand positions (mudras) for potential increased body awareness. Self-massage and mindful movement prepare you for short periods of meditation and mindful breathing for general relaxation and self-reflection. *All levels welcome.*

Pilates Mat – Strengthen your core, improve your flexibility, and tone your muscles. Pilate's techniques focus on proper body alignment, breathing, and coordination. *Intermediate to Advanced Levels Welcome!*

Pilates Reformer Training - Although the Pilates Reformer may look intimidating, it is a very safe and effective piece of exercise equipment. Beginning Reformer exercises are great for those recovering from injury or who need to develop core strength as most of the exercises are performed with the spine in a supported position. Once a foundation is established, the Pilates Reformer can be a great tool for functional and athletic training. Pre-registration and additional fees apply. Please see Navigators at front desk for more information. *All levels welcome.*

Silver Sneakers Stability – Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. *All levels welcome.*

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