DECEMBER

Group Exercise and Small Group Training

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

TAHOE FOREST CENTER FOR HEALTH

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**			**$5 Drop-In Community Classes Every Tuesday, Thursday & Friday!** **Want it All? Add a Fitness Center Membership to your Group Ex Membership for only $20!**		
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	**9:30am Group Pilates Reformer Nancy *Additional Fee**		**9:30am 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		10am Fitness Forever Liz	10am Fitness Forever Liz	10am Fitness Forever Liz		
11am - 2pm						**December Workshops & Programs** *Free!* **Total Joint** Thurs, Dec 5th 5-6:30pm Tue, Dec 17th 2-3:30 pm **Infant Nutrition: Introducing Solid Foods** Sat, Dec 7th 10:30am-12:30pm **Yoga Basics:** Thurs, Dec 12th 5:30-7:30pm **Cooking Club: Creative Holiday Side Dishes** Thurs, Dec 19th 5:30-6:30pm	
4pm		**4:30pm Happy Hour Mindful Movement & Self-Massage $5 Wendy**		5pm Cardio & Strength Joanna	**4:30pm Happy Hour All Levels Yoga $5 Wendy/Joanna**		
5pm	**View class schedules on the Mindbody App!** ***Search for "Tahoe Forest Health System"***		5:15pm Barre Above Joanna	MINDBODY®		**CLOSED CHRISTMAS EVE, CHRISTMAS DAY, and LIMITED HOURS NEWS YEARS EVE: 8:00-4:00**	

December Schedule Changes

Saturday, Dec 7 All Levels Yoga - Joanna
Sunday, Dec 15 Mat Pilates - Liz
Wednesday, Dec 18 Fitness Forever - Wendy

Tuesday, Dec 24 CLOSED
Wednesday, Dec 25 CLOSED
Thursday, Dec 26 Group Pilates CANCELLED

Saturday, Dec 28 All Levels Yoga - Joanna
Tuesday, December 31 Limited Hours 8-4, No Group Classes

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*.

Barre Above ™ - Barre above™ fuses the very best of yoga, aerobics, and strength training. You don't need to worry about dance experience. Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone. *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*.

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. Pilates 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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