### MARCH WORKSHOPS & PROGRAMS

**Boot Camp**  
Mons/Weds, starting March 2nd-26th  
5:30-6:30pm

**Baby Massage**  
Weds, March 4th-25th 1:00-3:30pm  
Free! Total Joint  
Thurs, March 6th 5-6:30pm  
Tue, March 17th 2-3:30 pm

**Yoga Basics**  
Thurs, March 12th  
12th & 26th 5:30-7:30pm

**Free! Your Authentic Wellness**  
Thurs, March 12th &  
26th 5:15-6:30pm

**Infant & Child CPR**  
Fri, March 13th 6:00-8:00pm

**Tahoe Forest Cooking Club**  
Tues, March 17th  
5:30pm-7:30pm

**IVCH Prenatal Classes**  
Fri, March 28th & Sat March  
29th 9:00-1:00pm

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### Schedule

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<th>Time</th>
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<td>Happy Hour All Levels Yoga $5</td>
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<td>9am</td>
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<td>9:45am Group Pilates Reformer Nancy *Additional Fee</td>
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<td>*Silver Sneakers Stability Liz</td>
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<td>Fitness Forever Liz</td>
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<td>Happy Hour Mindful Movement &amp; Self-Massage $5 Wendy</td>
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<td>Happy Hour All Levels Yoga $5 Wendy/Joanna</td>
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**MARCH CLASS CANCELLATIONS:**  
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
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.

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

View class schedules on the Mindbody App! Search for “Tahoe Forest Health System”