

# TAHOE FOREST CENTER FOR HEALTH

# Move

A full spectrum of classes and programs to get you moving and keep you **MOVING**.

## Personal Training

Why hire a personal trainer? A trainer will assess your individual abilities and help you set and achieve your fitness, wellness, and health goals. They will keep your work out fresh and fun so you stay motivated and achieve results. Get an efficient, balanced, full body workout with weekly accountability and measurements of your progress. **Call for pricing.**

## Heart to Heart - Medically Based Exercise

Safe, effective and fun exercise class for all ages and fitness levels! Class includes aerobic conditioning on various equipment including Nusteps, treadmills, rowers and bikes, plus a strength and flexibility daily component. Class is led by multidisciplinary team including an Exercise Physiologist and Cardiac Nurse. **Classes every Monday, Wednesday, and Friday on the hour at 7 am, 8 am, 9 am, 10 am, or 11 am as well as Tuesday and Thursday 9am and 10am. \$75 for 10-class pack.**

## ACL Post Op Rehab Class

For patients four months or more post-op ACL reconstruction surgery. You will learn strength training in a small group format, single leg strengthening, return to sport training, neuromuscular re-education, and so much more. **Each 4-week series begins the first week of every month. This class is led by Physical Therapists and is offered in Truckee, Tahoe City and Incline Village. \$90.**

## Yoga Individual or Group Training

Yoga combines strengthening, breathing, and relaxation to help you get fit, de-stress, and experience a higher quality of life. Yoga can help you tone your muscles, increase flexibility, recover from injury and illness, manage chronic pain, and reduce stress. Yoga can also improve the quality of your sleep, and improve your focus, concentration, and mental clarity. Our yoga instructor will customize an individualized yoga practice to help you meet your needs and goals. **Call for pricing.**

## Pilates Reformer - Group and Individual

Pilates will transform the way your body looks, feels, and performs! The Pilates Method focuses on core strength, alignment and accurate muscle engagement to improve your posture, balance and stability especially when in motion. The reformer and the exercises can be modified and adjusted to any body, movement limitation or fitness level. So whether your goal is to tone up, rehabilitate an injury, train for a particular hobby or sport, or are just looking for a low impact, full-body workout, the Pilates Reformer will work for you. People fall in love with the reformer—come give it a try to see why. **Group classes are offered throughout the week with morning, evening, and weekend options. 60 minute group sessions are \$28 - \$32.50 per class depending on package. Call for pricing for individual training.**



**Pre-Registration  
Required**

**530-587-3769**

or email

**centerforhealth@tfhd.com**



SCAN ME

10833 Donner Pass RD, Suite #102, Truckee  
(530) 587-3769 | centerforhealth@tfhd.com

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**TAHOE FOREST  
HEALTH SYSTEM**

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## Core Stabilization & Balance Training

For anyone trying to improve their overall balance, core stability, and muscle activation. Return to your sport or activities in your daily life in a small group environment. Exercises include balance training with a focus on proper muscle activation.

### Truckee:

This 6-week series is led by Liz Schenk, Certified Personal Trainer  
\$90 for the 6-week series

### Incline Village:

This drop-in class is led by Dain Nielsen, ATC  
Drop in class on Wednesdays from 12:30-1:30pm  
\$15 per drop-in class



## Community Yoga

Join us for an all-levels practice to build a deeper connection with yourself and your community. Our practice will begin with 30 minutes of gentle flow followed by grounding restorative poses to finish. No yoga experience is necessary, and all movement will be slowly paced and mindfully sequenced. This class is offered free of charge, with the intention of bringing the community together for movement and connection.

### Truckee:

When: Second and fourth Friday of each month from 4:00-4:50pm  
Where: Tahoe Forest Center for Health, 10833 Donner Pass Rd. Suite 102, Truckee, CA  
Cost: \$5, scholarships available upon request  
Contact: Pre-Registration required, yoga mats provided.

### Incline Village:

When: One Wednesday each month from 9-10am  
Where: Incline Village Community Hospital, 880 Alder Avenue, Incline Village, NV 89451  
Cost: Free  
Contact: Pre-Registration required, bring your own yoga mat.

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## Parkinson's Strong

An exercise class for people with Parkinson's disease that is an energizing and active power class. Our goal is to give you the tools to live your healthiest and most active life in the mountains. **6-week sessions are held in Truckee and Incline Village. Pre-registration and screening required, please call for more information and schedule. \$90 for 6-week session.**



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