




TAHOE FOREST  
CENTER FOR HEALTH

# November Group Exercise and Small Group Training

Schedule is subject to change – up to date information available at [tfhd.com](http://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		<b>7am</b> Happy Hour All Levels Yoga \$5 Joanna			<b>\$5 Drop-In Community Classes Every Tuesday, Wednesday, Thursday &amp; Friday!</b>  <b>Want it All?</b> <b>Add a Fitness Center Membership to your Group Ex Membership for only \$20!</b>		
8am		8:45am Easy Movement & Self-Massage Coral <i>New!</i>	8:45am All Levels Yoga Wendy	<b>8:45am</b> Happy Hour All Levels Yoga \$5 Coral			
9am	9:30-10am *Silver Sneakers Stability Liz <i>New Time!</i>	<b>9am Group Pilates Reformer Cheree</b> *Additional Fee		<b>9am Group Pilates Reformer Cheree</b> *Additional Fee		9:15am All Levels Yoga w/ Coral Or Gentle Pilates w/ Karen (alternating)	9:15am Pilates Mat Cheree
10am	10am Fitness Forever Liz	10:15am Gentle Pilates Mat Cheree	10am Fitness Forever Liz	10am Movement, Balance, Stability Kellee	10am Fitness Forever Liz		<b>10:30am Group Pilates Reformer Cheree</b> *Additional Fee
11am	12:10pm – 12:50pm Yoga HIIT Kellee	  <b>View class schedules on the Mindbody App!</b>  <b>Search for "Tahoe Forest Health System"</b>			11-11:30am *Silver Sneakers Stability Liz <i>New!</i>	<b>November Workshops &amp; Programs</b>  Total Joint Class 11/1 5-6:30pm & 11/20 2-3:30pm  Mindfulness for Health Enhancement 11/8 5-6:30pm  <i>NEW!</i> Weigh to Wellbeing Weight Management Group Ongoing \$5 Drop-In Class 11/13 11am – 12pm 11/26 5:30-6:30pm  Infant CPR 11/16 6-8pm  Boot Camp \$99 Holiday Special 11/27-12/20 T/TH 5:30-6:30pm  <b>For more information (530) 587-3769</b>	
12pm			<b>4pm Group Pilates Reformer Cheree</b> *Additional Fee		<b>4:30pm Happy Hour All Levels Yoga \$5 Joanna</b>		
4pm							
5pm	<b>5:15 pm Group Pilates Reformer Cheree</b> *Additional Fee	<b>4:30pm Happy Hour Mindful Movement &amp; Self Massage \$5 Wendy</b> <i>New!</i>	5:15pm Barre Above Cheree  <b>5:30 Happy Hour Winter Conditioning \$5 Nancy</b> <i>New!</i>	4:30pm YinYasa Yoga Kellee			

November Cancellations: 11/1 Happy Hour Yoga Thursday 8:45am; TFCH Closed for Thanksgiving November 22 all classes cancelled

Hours of Operation: Monday - Friday 6:30am - 6:30pm, Saturday and Sunday 7:45am - 4:00pm

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## 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!

**Barre Above™** - Barre above™ fuses the very best of pilates, 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.

**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.

**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.

**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.

**Movement, Balance & Stability**- This slower paced class will explore alignment and both subtle and flow-like movements to create and activate stability and balance in the body and mind This class is for all levels and is based in Yoga and Therapy principles.

**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.

**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.

**Winter Conditioning** – Increase performance on the slopes! Target power, agility and dynamic ability with functionally directed, explosive and reactive moves paired with cardio intervals for stamina. Intermediate to Advanced participants please.

**Yinyasa Yoga** – Yin yoga works deeply into your body, targeting your connective tissues – ligaments, joints, bones and the deep fascia networks of the body. It is an exercise in subtle movements, somatic applications and breath. Expect a vigorous Vinyasa flow class at the beginning that transitions into a floor practice with longer holds and Pranayama practices.

**Yoga HIIT** - What happens when you blend Yoga with HIIT (High Intensity Interval Training?) Body transformation! This fusion builds muscle and cardiovascular health, in addition to strengthening your important stabilizer muscles. High intensity exercises followed by active rest poses. All levels.



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