



CYCLE SCULPT - Pam

Class starts on the indoor cycles for a 30-minute challenging, mixed terrain ride: hills, sprints, and flat roads. We then transition to 30-minute strength training, either in circuit or individual station format. Boost your aerobic capacity while toning and having fun! Register on ForeTees.

REFORMER PILATES – Mindy, Sarah

Pilates is a head to toe workout focusing on the core and incorporates flexibility, strength, balance, coordination, the mind body connection, correct posture and gives a sense of well-being. While we work hard in the classes, we find time for some daily humor, too.

STRETCH-ALATES –Mindy

Stretch-alates focuses on increasing flexibility, integrating Pilates-based moves.

YIN YANG YOGA - Nancy

Yoga's "variety pack", this class is a blend of deeper stretches, longer holds, and athletic moves. Yin is a slower, more meditative practice using long holds to get into the connective tissue that surrounds our muscles, ligaments, tendons, joints, and bones, with a focus on the low back, hips and legs. Yang will intensify the challenges while working within *your* limits.

YOGA 101 – Nancy

Classical yoga, focusing on mind, body, and breath. Encourages postures that are softer on the body, at a slower pace. Ideal for those experienced or just beginning Yoga. For all fitness levels.

CIRCUIT BLAST (October – May) - Tracy

Ready to add strength training into your fitness program? Love to laugh while getting a good workout? You'll tone your body while moving through a circuit of one minute stations. You determine your effort level; we provide the effective and fun modalities!

WATER AEROBICS (June – September) - Tracy

Water, the ultimate way to tone your body and boost your aerobic endurance! All using the amazing hydrostatic, low impact qualities of water. You'll find yourself "immersed" in the beat of the music as you join this lively class – suitable for all fitness levels.

INDOOR CYCLING – Tracy, Pam

An excellent way to increase your aerobic fitness, burn calories, and tone your lower body, this one-hour class is offered five times per week. Never participated in an indoor cycling class? No worries! Please call Tracy (530) 878-3007 to schedule your complimentary orientation, including creating your personal bike settings to optimize your ride. Register on ForeTees.

TRX - Sarah

Suspension training using one's own bodyweight to develop strength, balance, flexibility, and core stability. You're in control of how much you want to challenge yourself. Functional training for myriad activities, including golf. For all fitness levels.

