



JUNE Wellness Center Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Cheeks & Obliques 7:10–7:45 a.m.</p> <p>Boot Camp Noon–12:50 p.m.</p> <p>Lose to Win Noon–1 p.m.</p>	<p>Basic Yoga 10–10:50 a.m.</p> <p>Diabetes 101 June 20 *Registration required 10–11 a.m.</p> <p>Healthy Food Fun Cooking Demonstration 11:30 a.m.–12:30 p.m.</p> <p>Spin Class Noon–12:50 p.m.</p> <p>Elders' Wellness 1:30–3 p.m.</p>	<p>Cheeks & Obliques 7:10–7:45 a.m.</p> <p>TRX® Strength Noon–12:50 p.m.</p> <p>Healthy Food Fun Cooking Demonstration 11:30 a.m.–12:30 p.m.</p> <p>Breastfeeding Basics June 28 2:30–6:30 p.m.</p> <p>Healthy Cooking on a Budget (June 7 and 21) 4:30–5:45 p.m.</p> <p>Tobacco Class (June 7 and 21) 4–5 p.m.</p> <p>Birthing Basics (June 14 and 21) 3:30–6:30 p.m.</p>	<p>Functional Strength & Balance 10–10:50 a.m.</p> <p>Yoga noon–12:50 p.m.</p> <p>Bike Safety Event June 15 11 a.m.–3 p.m.</p> <p>Walking Group 2–3 p.m. (June 7 and 21)</p> <p>Diabetes 101 June 15 *Registration required 10–11 a.m.</p> <p>Zumba® 5:15–6 p.m.</p>	<p>Spin Class 7:10–7:50 a.m.</p> <p>Toddler Time 10–11:30 a.m.</p> <p>Circuit Training Noon–12:30 p.m.</p>	<p>Birthing Basics June 3 9 a.m.–4 p.m.</p> <p>9th Annual Tribal Celebration and Health Fair June 10 11 a.m.–4 p.m. Raven Hall - Alaska State Fair Grounds</p>

For more information, please contact
Benteh Nuutah
Valley Native Primary Care Center
 Wellness Center
 (907) 631-7630
southcentralfoundation.com

Classes are open to customer-owners, Southcentral Foundation employees, and empaneled spouses who are eligible to receive SCF services.



Basic Yoga

Relieve back pain, strengthen your core, improve your flexibility, relieve stress, or perhaps gain a competitive edge in sports. Join this yoga class for all levels.

Bike Safety Event

Bike into National Safety Month at the VNPCC Bike Safety Event. Stroll along a beginners course, have a bike technician look over your bike, visit with Helmets on Heads, Learn to prevent Brain Injuries & helmet safety, and win prizes!

Birthing Basics

Birthing Basics is a two-part class offered for parents in their third trimester of pregnancy (28–42 weeks). Topics include: third trimester health, stages of labor, newborn care, breastfeeding, comfort techniques, and pain medication. This class is free of cost and snacks are provided. Pre-registration required, call (907) 631-7630.

Boot Camp

Challenge your body through three fundamentals of training — cardio, strength, and agility. A fun and exciting way to get and stay in shape! This class is high-intensity: you will begin sweating after performing the activity for approximately 3–5 minutes; breathing will become deep and rapid.

Cheeks & Obliques

Increase the strength of your lower body and midsection in a short amount of time. The exercises performed focus on toning your glutes, thighs, and stomach using various equipment and mat work. This class is moderate intensity: somewhat hard; you will begin sweating after performing the activity for approximately 10 minutes, and breathing will become deeper and more frequent.

Circuit Training

Move your body through all three planes of motion while doing strengthening exercises and improving your endurance. This class is high-intensity: you will begin sweating after performing the activity for approximately 3–5 minutes; breathing will become deep and rapid.

Diabetes 101

Discover ways to manage pre-diabetes or diabetes and enjoy living a healthy lifestyle. Pre-registration required, call (907) 631-7630.

Elders' Wellness

Fun nutrition education and activities, including 30 minutes of exercise focused on strength, balance, and range of motion. These are the components of fitness that every Elder needs in order to maintain their independence. This class is low-intensity.

Functional Strength & Balance

Improve the way you move, decrease pain, and learn how to exercise anywhere without needing equipment. Learn real life movements to improve your flexibility, strength, and balance all at the same time. This class is low-intensity: does not induce sweat with no noticeable change in breathing.

Healthy Food Fun

Did you know that eating fruits, veggies, and whole grains can be tasty, healthy, and fun? SCF Health Education offers cooking demonstrations in the VNPCC lobby with samples of creative and delicious meals.

Healthy Cooking on a Budget

Eating healthy doesn't have to be expensive. Learn new cooking skills, how to save money, and spend quality time together. Adults ages 18 years and older. Pre-registration required, call (907) 631-7630.

Lose to Win

This class is designed to support healthy weight management over a series of 16 weeks. With the support of peers, a dietitian, and a health educator, transform unhealthy choices into new healthy lifestyle habits. Topics include goal setting, label reading, portion control, exercise, and more! Pre-registration required, call (907) 631-7630.

Spin

A high-intensity aerobic workout that simulates outdoor cycling with motivation and mind/body connection to improve aerobic fitness. This class is high-intensity: you will begin sweating after performing the activity for approximately 3–5 minutes; breathing will become deep and rapid.

Tobacco Class

Take the first step in quitting tobacco by joining us for a 1-hour class where you will learn the effects of tobacco on your body and what medications we offer to help you in

your quit journey. We will be there to support you every step of the way!

Toddler Time

Free play time for toddlers who have learned to walk. The benefits of play are abundant! Parents-bring your toddlers to release energy and have fun! Your child will develop through mastering new skills, cooperation, sharing and gaining self-esteem. Learn through play with us!

TRX® Strength

A complete body workout using multiple planes of motion and your body weight to build power, strength, flexibility, balance, mobility, and prevent injuries. This class is moderate-intensity: somewhat hard; you will begin sweating after performing the activity for approximately 10 minutes, and breathing will become deeper and more frequent.

Walking Group

Come and join our walking group, rain or shine! This class is low-intensity: does not induce sweat or any noticeable change in breathing.

Yoga

Are you looking to relieve back pain, strengthen your core, improve your flexibility, relieve stress or perhaps gain a competitive edge in sports? This class is moderate-intensity. You will begin sweating after performing the activity for approximately 10 minutes; breathing will become deeper and more frequent.

Zumba®

Dance to fast and slow Latin dance rhythms that tone and sculpt the body with a balance of cardio and muscle-toning in a fun and exciting class.

9th Annual Tribal Celebration and Health Fair

This is a free event and will have free parking in the orange parking lot. Drumming and dancing, vendors, craft tables, fun children's activities, beading contest and door prizes.