



# OCTOBER Weekly Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi Open Practice 10–10:50 a.m.	Indoor Cycling 6:45–7:30 a.m.	Tai Chi Open Practice 9–9:50 a.m.	Indoor Cycling 6:45–7:30 a.m.	Tai Chi Open Practice 9–9:50 a.m.
Indoor Cycling noon–12:50 p.m.	<b>*Healthy Back Strong Core</b> 9–9:45 a.m.	<b>*Tai Chi</b> 10–10:50 a.m.	Functional Strength/Balance 10–10:50 a.m.	ZUMBA® 11–11:50 a.m.
TRX Strength noon–12:50 p.m.	Functional Strength/Balance 10–10:50 a.m.	Boot Camp noon–12:50 p.m.	Yoga 11–11:50 a.m.	Boot Camp noon–12:50 p.m.
<b>*Pilates/Core</b> noon–12:50 p.m.	Yoga 11–11:50 a.m.	<b>*Pilates/Core</b> noon–12:50 p.m.	Insanity noon–12:50 p.m.	Indoor Cycling 12:10–12:50 p.m.
F.I.T. (Functional Integrated Training) 5–5:50 p.m.	3D Circuit Training noon–12:50 p.m.	Trail Biking 12:10–1 p.m. (Canceled Oct. 11)	<b>*Self Myofascial Release</b> 4–4:50 p.m.	<b>*Located in Spur Studio.</b>
*October 9 is a holiday, no classes will be offered that day.	Indoor Cycling 12:10–12:50 p.m.	TRX® Strength 1–1:50 p.m.	ZUMBA® 5–6 p.m.	
	ZUMBA® 5–6 p.m.	Boot Camp 5–5:50 p.m.		
		<b>*Gentle Yoga</b> 5–5:50 p.m.		

Group Fitness classes are open to Southcentral Foundation employees, customer-owners, Alaska Native Tribal Health Consortium employees, and Commission Corps Officers on the Alaska Native Health Campus.  
For more information, please call SCF Physical Therapy & Exercise at (907) 729-6683.  
Mt. Marathon Building • 4201 Tudor Centre Drive • Weekly hours of operation: Monday–Friday, 6:15 a.m.–6:30 p.m.



### **Boot Camp**

**Wednesdays, Noon–12:50 p.m. and 5–5:50 p.m.**

**Fridays, noon–12:50 p.m.**

Designed to improve strength and endurance with a fun mixture of cardio bursts, plyometrics, core, strength, and body weight trainings. Modifications can be made for any level.

### **F.I.T. (Functional Intergrated Training)**

**Mondays, 5–5:50 p.m.**

A dynamic workout that utilizes vitality, performance and reconditioning, kettlebell, and TRX equipment to improve balance, agility, and dynamic strength. Reach goals such as weight management, improved daily functionality, and enhanced sport performance. All movements can be regressed and progressed to meet individual fitness levels and goals.

### **Functional Strength and Balance**

**Tuesdays and Thursdays, 10–10:50 a.m.**

Improve movement, decrease pain, and learn how to exercise anywhere without needing equipment. Learn real life movements to increase your flexibility, strength, and balance all at the same time.

### **Gentle Yoga**

**Wednesdays, 5–5:50 p.m.**

Gentle Yoga explores poses in a chair or on a mat. Improve strength, balance, breathing, and flexibility. This practice reviews safety principles of alignment and modifications. Those new to exercise would benefit. This class is operated by the Alaska Women's Recovery Program.

### **Healthy Back Strong Core**

**Tuesdays, 9–9:45 a.m.**

Learn how to relieve back pain while strengthening vital core muscles. A strong core is necessary for quality, functional movement. Learn basic core strength exercises that will help decrease pain and improve quality of life.

### **Indoor Cycling**

**Mondays and Fridays, noon–12:50 p.m.**

**Tuesdays, 6:45–7:30 a.m. and 12:10–12:50 p.m.**

**Thursdays, 6:45–7:30 a.m.**

A high-intensity aerobic workout that simulates outdoor cycling with motivation and mind/body connection to improve aerobic fitness.

### **Insanity**

**Thursdays, Noon–12:50 p.m.**

A high-intensity interval training of plyometrics, core, and body weight strengthening. A challenge mentally and physically! A higher level of fitness required.

### **Passive Stretch**

**Tuesdays, 1–1:50 p.m.**

Passive stretch is a form of static stretching in which an external force is exerted upon a limb to move it into a new position. Passive stretching resistance is achieved through the force of gravity on the limb or on the body weighing it down.

### **Pilates/Core**

**Mondays and Wednesdays, Noon–12:50 p.m.**

A strong core is essential for proper function, efficient movement, optimal performance, and overall strength and power. Pilates will teach you how to engage your core while challenging your entire body.

### **Self Myofascial Release**

**Thursdays, 4–4:50 p.m.**

Myofascial release is a self-massage technique utilized to help relieve pain and tension due to injury or stress. It involves releasing the fascia (connective tissue) that surrounds each muscle and interconnects all internal parts of the body. Various instruments are utilized to release muscular tension.

### **Tai Chi**

**Wednesdays, 10–10:50 a.m.**

This class features a combination of relaxing exercises and energizing movements. The curriculum includes sessions focused on Tai Chi for diabetes, osteoporosis, and arthritis.

### **Tai Chi Open Practice**

**Mondays, 10–10:50 a.m.**

**Wednesdays and Fridays, 9–9:50 a.m.**

Intermediate and advanced students can enjoy the self-directed Tai Chi open practice time reserved for anyone who would like to join. Music and DVDs will be made available.

### **Trail Biking**

**Wednesdays, 12:10–1 p.m. (Canceled October 11)**

Meet at Mt. Marathon Building entrance and ride the nearby trails in a safe and friendly group. All skill levels are welcome to join. Bring your own bike and helmet (required).

### **TRX® Strength**

**Mondays, Noon–12:50 p.m.,**

**Wednesdays, 1–1:50 p.m.**

A complete body workout using multiple planes of motion and your body weight to build power, strength, flexibility, balance, mobility, and to prevent injuries. You choose the intensity.

### **Yoga**

**Tuesdays and Thursdays, 11–11:50 a.m.**

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

### **ZUMBA®**

**Tuesdays and Thursdays, 5–6 p.m.**

**Fridays, 11–11:50 a.m.**

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

### **3D Circuit Training**

**Tuesdays, Noon - 12:50 p.m.**

Move your body through all planes of motion while simultaneously doing strengthening exercises. Your endurance will improve with little to no rest time between exercises.