



NOVEMBER Wellness Center Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRX® Strength 7:10 – 7:45 a.m. Boot Camp Noon – 12:50 p.m. Lose to Win Noon – 1 p.m.	Basic Yoga 11 – 11:45 a.m. Healthy Food Fun Cooking Demonstration 11:30 a.m. – 12:30 p.m. Spin Class Noon – 12:50 p.m. Elders' Wellness 1:30 – 3 p.m. Diabetes 101 Nov. 28 10 – 11 a.m. *Registration required	Cheeks & Obliques 7:10 – 7:45 a.m. TRX® Strength Noon – 12:50 p.m. Healthy Food Fun Cooking Demonstration 11:30 a.m. – 12:30 p.m. Breastfeeding Basics Nov. 29 2:30 – 5:30 p.m. Healthy Cooking on a Budget Nov. 1 & 15 4:30 – 5:45 p.m. Birthing Basics Nov. 8 & 15 3:30 – 6:30 p.m.	Functional Strength & Balance 10 – 10:50 a.m. Yoga Noon – 12:50 p.m. Diabetes 101 Nov. 9 4 – 5 p.m. *Registration required Zumba® 5:15 – 6 p.m. Tobacco Class Nov. 9 4 – 5 p.m. Great American Smokeout® Nov. 16 11 a.m. – 1 p.m. VNPCC Lobby	Spin Class 7:10 – 7:50 a.m. Toddler Time 10 – 11:30 a.m. Circuit Training Noon – 12:30 p.m.	Birthing Basics Nov. 4 9 a.m. – 4 p.m.

*Nov. 10, 23, & 24 are holidays; no classes will be offered those days.

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

Classes are open to SCF customer-owners and employees.
 1001 Knik-Goose Bay Road | Weekly hours of operation: Monday – Friday, 7 a.m. – 6 p.m.



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. .

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 and 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 and 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.