



APRIL Wellness Center Classes

1001 Knik-Goose Bay Road, Wasilla • Monday – Friday, 7 a.m. – 6 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp Noon – 12:50 p.m.	Cheeks & Obliques 7:10 – 7:45 a.m. Basic Yoga 10 – 10:50 a.m. Diabetes 101 April 18 10 – 11 a.m. Healthy Food Fun Cooking Demonstration 11:30 a.m. – 12:30 p.m. Spin Class Starting April 11 Noon – 12:50 p.m. Elders' Wellness 1:30 – 3 p.m.	TRX Strength Noon – 12:50 p.m. Healthy Food Fun Cooking Demonstration 11:30 a.m. – 12:30 p.m. Healthy Cooking on a Budget (April 5 and 19) 4:30 – 5:45 p.m. Tobacco Class (April 5 and 19) 4 – 5 p.m.	Functional Strength & Balance 10 – 10:50 a.m. Yoga noon – 12:50 p.m. Birthing Basics (April 13 and 20) 3:30 – 6:30 p.m. Strong Minds, Strong Bodies Health Fair April 20 11 a.m. – 2 p.m. Lose to Win Noon – 1 p.m. Breastfeeding Basics April 27 3:30 – 6:30 p.m. Zumba 5:15 – 6 p.m.	Toddler Time 10 – 11:30 a.m. Circuit Training Noon – 12:30 p.m.	Birthing Basics April 8 9 a.m. – 4 p.m. Breastfeeding Basics April 15 9 a.m. – 12 p.m.

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 (SCF) employees, and empaneled spouses who are eligible to receive SCF services.



Basic 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: somewhat hard. You will begin sweating after performing the activity for approximately 10 minutes; breathing will become deeper and more frequent.

Birthing Basics

Birthing Basics is a two-part class series 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. Snacks are provided. This class is free of cost. Call (907) 631-7630 to register.

Boot Camp

Challenge your body through three fundamentals of training — cardio, strength, and agility. These movements target muscles throughout your entire body. 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 with this 35 minute class. The exercises performed focus on toning the muscles of 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.

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 very 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? Would you like to find out more? 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. This is a great opportunity to 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.

Strong Minds, Strong Bodies Health Fair

Join us for our Strong Mind Strong Body Health Fair in the VNPCC lobby. Enjoy activities and education focused on creating a strong mind and body through healthy food, exercise, a positive attitude, and stress reduction. Enter to win a prize, enjoy healthy snacks, and receive a chair massage!

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.

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

TRX Strength is 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.

Yoga

Looking to 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.

Zumba

Dance to fast and slow Latin dance rhythms that tone and sculpt the body with a balance of cardio and