



June Wellness Center Classes

The fitness center is expected to be CLOSED for remodel from June 1 – 30.
Limited fitness classes will be offered in the Studio Room.
Thank you for your patience.

Monday

Morning Stretch
7:10 – 7:40 a.m.

Boot Camp
Noon – 12:50 p.m.

Lose to Win
Noon – 1 p.m.
[*Registration required](#)

Tuesday

Cheeks and Obliques
7:10 – 7:45 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
June 19
10 – 11 a.m.
[*Registration required](#)

Wednesday

Morning Stretch
7:10 – 7:40 a.m.

Basic Yoga
11 a.m. – 12 p.m.

**Healthy Food Fun
Cooking Demonstration**
11:30 a.m. – 12:30 p.m.

Boot Camp
Noon – 12:50 p.m.
Outside, weather permitting

**Healthy Cooking
on a Budget**
June 6 and 20
4:30 – 5:45 p.m.

Birthing Basics
June 13 and 20
3:30 – 5:30 p.m.

Breastfeeding Basics
June 27
11 a.m. – 1 p.m.
[*Registration required](#)

Thursday

Cheeks and Obliques
7:10 – 7:45 a.m.

**Functional Strength
and Balance**
10 a.m. – 11 a.m.

Yoga
June 7, 14, and 21
Noon – 12:50 p.m.

Zumba®
1 – 1:50 p.m.

Walking Group
2 – 3 p.m.

Diabetes 101
June 7
4 – 5 p.m.
[*Registration required](#)

Quit Tobacco Class
June 8 and 22
4 – 5 p.m.

Friday

Spin Class
7:10 – 7:40 a.m.

Toddler Time
10 – 11:30 a.m.

Circuit Training
Noon – 12:50 p.m.

Saturday

Birthing Basics
June 5
9 a.m. – 4 p.m.
[*Registration required](#)

Community Events

Bike Safety Event
June 14
11 a.m. – 1 p.m.
VNPCC Parking Lot



Basic Yoga

Relieve back pain, strengthen your core, improve your flexibility, relieve stress, or perhaps gain a competitive edge in sports. This yoga class is intended 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.

Breakout Workout

Get up and move to break up your afternoon on various light workout such as stretches, yoga, spin and circuit. These short exercise sessions are offered in the VNPCC Lobby.

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 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 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.

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.

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.

Morning Stretch

Start your day off by working on one of the most important aspects of physical fitness, flexibility. This class will use static, dynamic, and Proprioceptive Neuromuscular Facilitation stretching methods to help improve and maintain your flexibility. This class is low intensity.

Quit Tobacco Class

Take the first step in quitting tobacco by joining us for a one-hour class where you will learn the effects of tobacco on your body and what medications we offer to help you quit. We will be there to support you every step of the way!

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

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.