



# FEBRUARY WELLNESS CENTER CLASSES

## MONDAY

### TRX® Strength

7:10 – 7:45 a.m.

### Boot Camp

Noon – 12:50 p.m.

### Lose to Win

Noon – 1 p.m.

\*Registration required

## TUESDAY

### Basic Yoga

11 – 11:45 a.m.

### Spin Class

Noon – 12:50 p.m.

### Elders' Wellness

1:30 – 3 p.m.

### Lose to Win

5:15 – 6:15 p.m.

\*Registration required

### Diabetes 101

Feb. 19

4:30 – 6 p.m.

\*Registration required

## WEDNESDAY

### Healthy Food Fun

### Cooking Demonstration

11:30 a.m. – 12:30 p.m.

### TRX® Strength

Noon – 12:50 p.m.

### Healthy Cooking on a Budget

Feb. 6 and 20

4:30 – 5:45 p.m.

### Birthing Basics

Feb. 6 and 13

11 a.m. – 1 p.m.

\*Registration required

### Breastfeeding Basics

Feb. 20

11 – 1 p.m.

\*Registration required

## THURSDAY

### Myofascial Release

11 – 11:30 a.m.

### Healthy Food Fun

### Cooking Demonstration

11:30 a.m. – 12:30 p.m.

### Yoga

12 – 12:45 p.m.

### Quit Tobacco Class

Feb. 14 – 28

4 – 5 p.m.

## FRIDAY

### Toddler Time

10 – 11:30 a.m.

### Circuit Training

Noon – 12:40 p.m.

## SATURDAY

### Birthing Basics

Feb. 16

9 a.m. – 2 p.m.

\*Registration required

## COMMUNITY EVENTS

### SCF's 22nd Annual Gathering

Feb. 2

10:30 a.m. – 3:30 p.m.

Egan Civic and Convention  
Center

### Love Your Heart

Feb. 7

11 a.m. – 1 p.m.

VNPCC lobby

Feb. 18 is a holiday; no classes will be offered.



Benteh Nuutah Valley Native Primary Care Center | Wellness Center | (907) 631-7630 | southcentralfoundation.com



### **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.

### **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.

### **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 VNPPC 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.

### **Myofascial Release**

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.

### **Quit 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!

### **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.

### **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.