



APRIL 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
April 16
4:30 – 6 p.m.
*Registration required

WEDNESDAY

Pilates
Begins April 10
7 – 7:50 a.m.

Prenatal Workout
Begins April 10
10 – 11 a.m.

TRX® Strength
Noon – 12:50 p.m.

Healthy Cooking on a Budget
April 3 and 17
4:30 – 5:45 p.m.

Birthing Basics
April 10 and 17
11 a.m. – 1 p.m.
*Registration required

Breastfeeding Basics
April 24
11 – 1 p.m.
*Registration required

THURSDAY

Postnatal Core and Floor Reset
9:45 – 10:45 a.m.

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.

Circuit Training
5:15 – 6 p.m.

Walking Group
Begins April 18
2 – 3 p.m.

Quit Tobacco Class
April 25
4 – 5 p.m.

FRIDAY

Pilates
Begins April 10
7 – 7:50 a.m.

Pilates
Begins April 10
11 – 11:45 a.m.

Toddler Time
10 – 11:30 a.m.
*Registration required

Circuit Training
Noon – 12:40 p.m.

SATURDAY

Birthing Basics
April 6
9 a.m. – 2 p.m.
*Registration required

COMMUNITY EVENTS

Strong Mind Strong Body
April 11
11:00 a.m. – 1:00 p.m.
VNPCC lobby

Community Plant Workshop
April 25
11 a.m. – 3:30 p.m.
Susitna Room



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.

Pilates

Small moves, big impact. Strengthen and tone your core and improve your balance and coordination. Join this pilates class for all levels.

Postnatal Core and Floor Reset

This postnatal restorative exercise class is for mothers who want to focus on safely returning to exercise after giving birth and core function. Improve diastasis recti, incontinence, and back and pelvic pain with safe, effective exercises designed to strengthen and tone. Must be cleared by your provider for exercise before joining.

Prenatal Workout

Join other expecting mothers for a workout focusing on functional movements that will prepare you for a better birth and recovery. This class is for all stages of pregnancy. Must be cleared by your provider for exercise before joining.

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.