



# JUNE WELLNESS CENTER CLASSES

## MONDAY

**TRX® Strength**  
7:10 – 7:45 a.m.

**Boot Camp - Fun in the Sun**  
Noon – 12:50 p.m.

**Lose To Win**  
Starts June 3  
Exercise  
11:00 a.m. – noon  
Info. session  
Noon – 1 p.m.  
\*Registration required

**Lose To Win**  
Starts June 3  
Info. session  
5 – 5:45 p.m.  
\*Registration required

## TUESDAY

**Basic Yoga**  
11 – 11:45 a.m.

**Spin Class**  
Noon – 12:50 p.m.

**Elders' Wellness**  
Exercise  
1:30 p.m. – 2 p.m.  
Info. session  
2 – 3 p.m.

**Diabetes 101**  
June 18  
4:30 – 6 p.m.  
\*Registration required

## WEDNESDAY

**Core and More**  
7:10 – 7:50 a.m.

**Prenatal Workout**  
10 – 11 a.m.

**TRX® Strength**  
Noon – 12:50 p.m.

**Healthy Cooking on a Budget**  
June 19  
4:30 – 5:45 p.m.  
\*Registration required

**Birthing Basics**  
June 5 and 12  
11 a.m. – 1 p.m.  
\*Registration required

**Breastfeeding Basics**  
June 19  
11 a.m. – 1 p.m.  
\*Registration required

**Parenting Class**  
June 26  
11 a.m. – 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**  
Noon – 12:45 p.m.

**Walking Group**  
2 – 3 p.m.  
No group on June 13

**Circuit Training**  
5:15 – 6 p.m.

**Quit Tobacco Class**  
June 13  
4 – 5 p.m.  
\*Registration required

## FRIDAY

**Functional Strength and Balance**  
7:10 – 7:50 a.m.

**Pilates**  
11 – 11:45 a.m.

**Toddler Time**  
Play time in studio  
10 – 10:30 a.m.  
Craft time  
10:30 – 11 a.m.  
\*Registration required

**Circuit Training**  
Noon – 12:40 p.m.

## SATURDAY

**Birthing Basics**  
June 1  
9 a.m. – 2 p.m.  
\*Registration required

## COMMUNITY EVENTS

**Tree of Hope**  
June 3  
11:30 a.m. – 12:30 p.m.  
VNPCC lobby

**Bike Safety Day**  
June 13  
11 a.m. – 1 p.m.  
VNPCC lobby



### **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.

### **Breastfeeding Basics**

Learn about the basics of breastfeeding including latching, positioning, benefits, breast care, pumping/hand expression, and more. Registration is required for participation and snacks will be provided.

### **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.

### **Core and More**

Strengthen and tone your core, improve coordination, and feel stronger in your body. You'll see improvements in all other areas of fitness after taking this low-impact class. All levels are welcome.

### **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 hip stability, foot function and balance while lessening the impact of common foot symptoms like plantar fasciitis and bunions. We'll build a strong foundation and build up to more challenging balance tasks, like the balance beams! All levels are welcome.

### **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.

### **Parenting Class**

Learning parenting basic skills from birth and beyond. Class is open to customer-owners with children from birth to age 18.

### **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 one 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.

### **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.