



# SEPTEMBER WELLNESS CENTER CLASSES

## MONDAY

**TRX® Strength**  
7:10 – 7:45 a.m.

**Boot Camp**  
Noon – 12:50 p.m.

**Lose To Win**  
Starts Sept. 9  
5 – 6 p.m.  
*\*Registration required*

## TUESDAY

**Basic Yoga**  
11 – 11:45 a.m.

**Spin Class**  
Noon – 12:50 p.m.

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

**Diabetes 101**  
Sept. 17  
Noon – 1:30 p.m.  
*\*Registration required*

## WEDNESDAY

**Core and More**  
7:10 – 7:50 a.m.

**TRX® Strength**  
Noon – 12:50 p.m.

**Healthy Cooking on a Budget**  
Sept. 4 and 18  
4:30 – 5:45 p.m.  
*\*Registration required*

**Birthing Basics**  
Sept. 4 and 11  
11 a.m. – 1 p.m.  
*\*Registration required*

**Breastfeeding Basics**  
Sept. 18  
11 a.m. – 1 p.m.  
*\*Registration required*

**Parenting Basics**  
Sept. 25  
11 a.m. – 1 p.m.  
*\*Registration required*

## THURSDAY

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

**Yoga**  
Noon – 12:45 p.m.

## 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.  
Snack/ clean uptime  
11 – 11:30 a.m.  
*\*Registration required*

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

## SATURDAY

**Birthing Basics**  
Sept. 7  
9 a.m. – 2 p.m.  
*\*Registration required*

### COMMUNITY EVENTS

**Gynecological Cancer Resource Event**  
Sept. 12  
11 a.m. – 1 p.m.  
VNPCC lobby

**Gynecological cancer – CME workshop**  
Sept. 17  
Noon – 1:30 p.m.  
Susitna conference room

**Making strides against breast cancer walk**  
Sept. 28  
run 10:15 a.m.  
walk 11 a.m.,  
Delaney Park Strip

**World Heart Day**  
Sept. 27  
11:30 a.m. – 1 p.m.  
VNPCC lobby

Sept. 2 is a holiday; no classes will be offered.



### **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 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.

### **Parenting Basics**

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

### **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.