



MARCH WELLNESS CENTER CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boot Camp Noon—12:50 p.m.	Basic Yoga 11—11:45 a.m.	Core and More 7:10—7:50 a.m.	Healthy Food Fun Cooking Demonstration 11:30 a.m.—12:30 p.m.	Functional Strength and Balance 7:10—7:50 a.m.
Lose to Win 5—6 p.m. <i>*Registration required</i>	Spin Class Noon—12:50 p.m.	TRX® Strength Noon—12:50 p.m.	Barre Noon—12:45 p.m.	Toddler Time 10—11:30 a.m. <i>*Registration required</i>
	Elders' Wellness 1:30—3 p.m.	Healthy Cooking on a Budget Mar. 4 & 18 4:30—5:45 p.m. <i>*Registration required</i>	Colorectal Cancer Community Health Event Mar. 12 11:00 a.m. – 1 p.m. VNPCC Lobby	Pilates 11—11:45 a.m.
	Diabetes Support Class Mar. 24 5—6 p.m. <i>*Registration required</i>	Birthing Basics Mar. 4 & 11 11 a.m.—1 p.m. <i>*Registration required</i>		Circuit Training Noon—12:40 p.m.
		Breastfeeding Basics Mar. 18 11 a.m.—1 p.m. <i>*Registration required</i>		
		Parenting Basics Mar. 25 11 a.m.—1 p.m. <i>*Registration required</i>		

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



Barre

A fusion of yoga, Pilates, ballet, and strength training. This is a result-driven workout that is not only fun and dynamic, but will also sculpt your body into amazing shape. We will work at a moderate pace building strength, posture, flexibility, and balance. All levels of fitness are welcome, modifications will be provided for both a less or more intense workout.

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 Support Class

Learn ways to manage your diabetes and prevent complications from each other and guest speakers. (1 hour course) Share your stories in a positive setting and receive ongoing support. Snack provided.

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!

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.

