



FEBRUARY WELLNESS CENTER CLASS SCHEDULE

Monday

TRX® Strength
Noon-12:50 p.m.

Closed Feb. 20

Tuesday

Lose to Win
Noon-12:50 p.m.
*Pre-registration required

Diabetes 101
4:30-6 p.m.

Wednesday

Healthy Food Fun
11:30 a.m.-12:30 p.m.

Thursday

No Class

Friday

Boot Camp
Noon-12:50 p.m.

*Classes are subject to cancellation



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.

Diabetes Support Class

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

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 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.

TRX® Strength

A complete body workout using multiple planes of motion and your body weight to build power, strength, flexibility, balance, mobility, and to prevent injuries. You choose the intensity.

