



WELLNESS CENTER CLASS SCHEDULE

Monday

TRX® Strength
Noon-12:45 p.m.

Tuesday

Spin Class
7:15-8 a.m.

Circuit Training
Noon-12:45 p.m.

Toddler Time
10:30 a.m.-noon
*Registration required

Wednesday

Yoga
Noon-12:45 p.m.

Thursday

Boot Camp
Noon-12:45 p.m.

Friday

Spin Class
Noon-12:45 p.m.

Pilates
1-1:45 p.m.

*Classes are subject to cancellation



Boot Camp

Challenge your body through three fundamentals of training; cardio, strength, and agility. Boot camp is a fun and exciting way to get and stay in shape! This class is high-intensity and you begin sweating after performing the activity for approximately three to five minutes and breathing will become deep and rapid.

Spin Class

Spin class is a high-intensity aerobic workout that simulates outdoor cycling with motivation and mind/body connection to improve aerobic fitness. This class is high intensity and you may begin sweating after performing the activity for approximately three to five minutes and breathing will become deep and rapid.

Pilates

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

Yoga

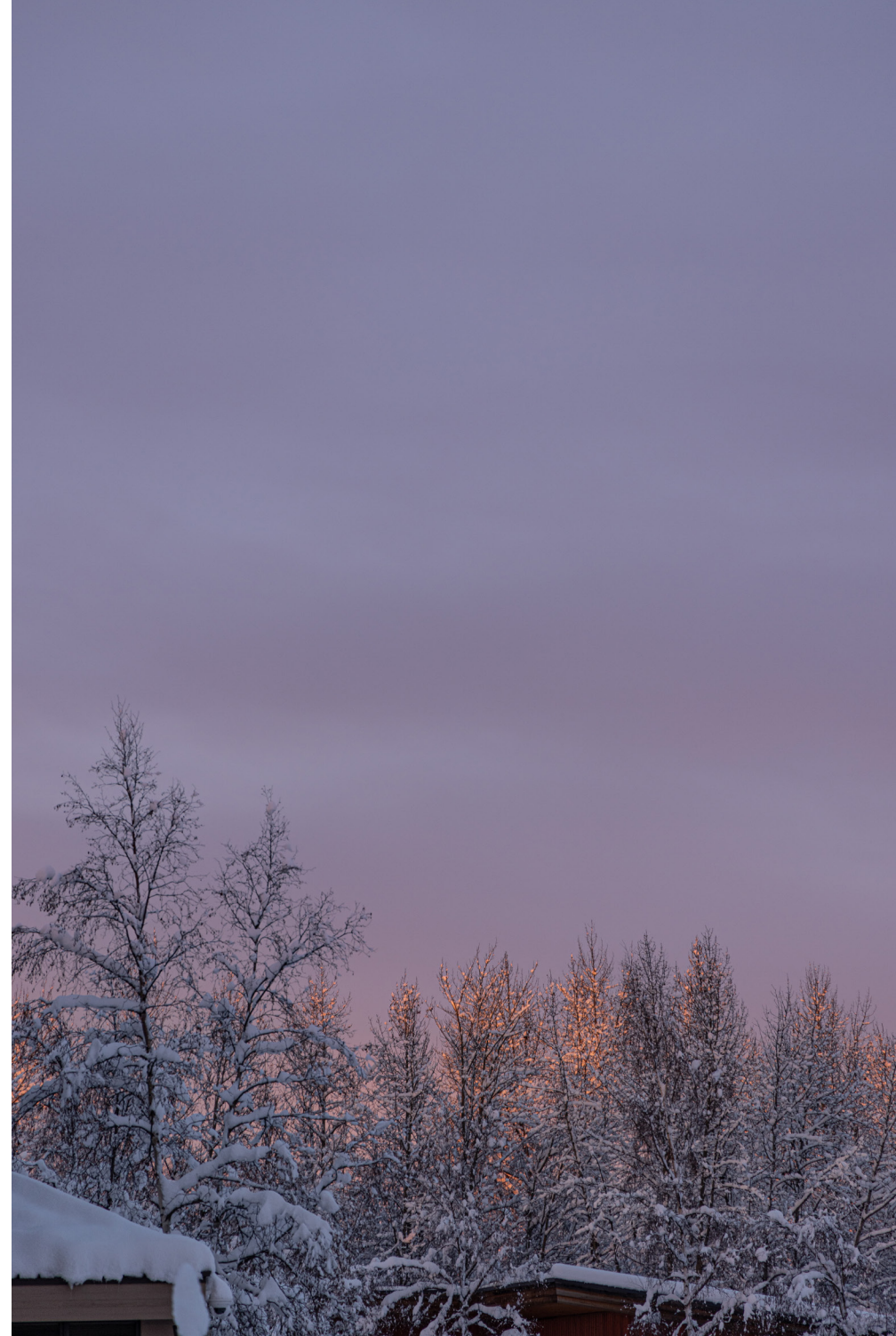
Relieve back pain, strengthen your core, improve your flexibility, relieve stress, or perhaps gain a competitive edge in sports. Join this yoga class for all levels.

Toddler Time

This weekly toddler playgroup is a great opportunity for parents and toddlers to explore, move, and enjoy fun activities in a safe environment. Toddler Time is available to children of customer-owners from walking age to kindergarten. Registration is required, please call (907) 631-7630.

TRX® Strength

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



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. Preregistration 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 three to five minutes; breathing will become deep and rapid.

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. Preregistration 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.

Toddler Time

This weekly toddler play group is a great opportunity for parents and toddlers to explore, move, and enjoy fun activities in a safe environment. Toddler Time is available to children of customer-owners from walking age to kindergarten. Registration is required, please 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.

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.

Fun in the Sun

Run, jog, or walk around the VNPCC walking path and complete various strength exercises along the way. Even though you can go at your own pace, expect this to be a vigorous workout.

Prenatal and Postpartum Fitness

Learn to safely exercise during pregnancy and postpartum. This class focuses on breathing, posture, gentle release work, and exercise to improve strength and function. Extra attention is given to the muscles of the core and pelvic floor. Learn exercises to help prepare for labor and birth as well as recovery from pregnancy.

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 to prevent injuries. You choose the intensity.

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.

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.