

December

Exercise Classes



Scan the QR code or visit:

southcentralfoundation.com/services/physical-therapy-exercise/

MONDAY

7-7:30 a.m.

Spin

11-11:50 a.m.

Tabata

Noon-12:50 p.m.

TRX® Strength

1-1:50 p.m.

Live Strong and Beyond

3:30-4:30 p.m.

Self Myofascial Release

5-5:50 p.m.

F.I.T.

TUESDAY

6:45-7:30 a.m.

Boot Camp

9-9:50 a.m.

Healthy Back Strong Core

10-10:50 a.m.

Functional Strength and Balance

11-11:50 a.m.

Yoga

Noon-12:50 p.m.

Pilates

WEDNESDAY

7-8 a.m.

Recover and Move Better

Noon-12:50 p.m.

Boot Camp

Noon-12:50 p.m.

Spin

12:10-1 p.m.

Cross-Country Skiing

1-1:50 p.m.

Live Strong and Beyond

5-5:50 p.m.

Self Myofascial Release

THURSDAY

6:45-7:30 a.m.

Boot Camp

10-10:50 a.m.

Functional Strength and Balance

11-11:50 a.m.

Yoga

Noon-12:50 p.m.

Boot Camp

1-1:50 p.m.

Chair Yoga

FRIDAY

7-7:30 a.m.

Spin

Noon-12:50 p.m.

Boot Camp

1-1:50 p.m.

Recover and Move Better

CANCELLATIONS

Monday, Dec. 16 and Wednesday, Dec. 18

Live Strong and Beyond 1-1:50 p.m.

Thursday, Dec. 19

Boot camp Noon-12:50 p.m.

Chair Yoga 1-1:50 p.m.

Monday, Dec. 23

Live Strong and Beyond 1-1:50 p.m.

Tabata 11-11:50 a.m.

Tuesday, Dec. 24 and Wednesday, Dec. 25

Holiday Closure

All Classes Canceled

Thursday, Dec. 26

Functional Strength and Balance
10-10:50 a.m.

Friday, Dec. 27

Spin 7-7:30 a.m.

Monday, Dec. 30

Spin 7-7:30 a.m.

Live Strong and Beyond 1-1:50 p.m.

Physical Therapy, Occupational Therapy, and Exercise | 907-729-6683



ALASKA NATIVE
MEDICAL CENTER



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

December Exercise Classes

Boot Camp

Designed to improve strength and endurance with a fun mixture of cardio bursts, plyometrics, core, strength, and body weight trainings. Modifications can be made for any level.

Chair Yoga

This is a trauma-informed yoga class to improve posture, range of motion, balance, and body confidence. This yoga class uses supports such as chairs, stability balls, yoga blocks, yoga straps, and bolsters to make yoga poses accessible to all bodies and abilities.

F.I.T. (Functional Integrated Training)

A dynamic workout that utilizes vitality, performance and reconditioning, kettlebell, and TRX® equipment to improve balance, agility, and dynamic strength. Reach goals such as weight management, improved daily functionality, and enhanced sport performance. All movements can be modified to meet individual fitness levels and goals.

Functional Strength and Balance

Improve movement, decrease pain, and learn how to exercise anywhere without equipment. Learn real life movements to simultaneously increase your flexibility, strength, and balance.

Healthy Back Strong Core

Learn how to relieve back pain while strengthening vital core muscles. A strong core is necessary for quality, functional movement. Learn basic core strength exercises that will help decrease pain and improve quality of life.

Live Strong and Beyond

Participating in strength training becomes even more important as we age. Healthy skeletal muscle is key for aging well and keeping us independent and strong. Come be challenged in this overall strength training class, that pushes you to your limits but also allows you to work at your level of fitness. Please wear shoes appropriate for exercise. Open to ages 18 and older.

Pilates

A strong core is essential for proper function, efficient movement, optimal performance, and overall strength and power. Pilates will teach you how to engage your core while challenging your entire body.

Recover and Move Better

Movement and stretching for recovery.

Self 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. Various instruments are utilized to release muscular tension.

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.

Tabata GX

A group fitness class that gives participants a dynamic warm up utilizing full range of movement to get the body prepared for a fun and invigorating interval training class. The intervals will include progressive HIIT (*High-intensity Interval Training*), max interval, and mixed intervals. The class will also include one group or partner game to create camaraderie, community, and connection. Tabata GX is not a HIIT program.

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.

Yoga

Looking to relieve back pain, strengthen your core, improve your flexibility, relieve stress, or perhaps gain a competitive edge in sports? Join this all-levels class.

Cross-country Skiing

Physical Therapy, Occupational Therapy, and Exercise is hosting an outdoor cross-country ski class. Come equipped with your own skis. All abilities welcome and no pre-registration required.