

# January

# Exercise Classes



Scan the QR code or visit:

[southcentralfoundation.com/services/rehabilitation-therapies-exercise/](http://southcentralfoundation.com/services/rehabilitation-therapies-exercise/)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CANCELLATIONS
7-7:30 a.m. <b>Spin</b>	6:45-7:30 a.m. <b>Boot Camp</b>	7-7:45 a.m. <b>Recover and Move Better</b>	6:45-7:30 a.m. <b>Boot Camp</b>	7-7:30 a.m. <b>Spin</b>	<b>Thursday, Jan. 1</b> Holiday Closure <b>New Year's Day</b>
11-11:50 a.m. <b>Tabata GX</b>	9-9:50 a.m. <b>Healthy Back Strong Core</b>	Noon-12:50 p.m. <b>Boot Camp</b>	10-10:50 a.m. <b>Functional Strength and Balance</b>	10-10:50 a.m. <b>TRX Strength</b>	<b>Monday, Jan. 19</b> Holiday Closure <b>Martin Luther King Day</b>
Noon-12:50 p.m. <b>TRX Strength</b>	10-10:50 a.m. <b>Functional Strength and Balance</b>	Noon-12:50 p.m. <b>Spin</b>	11-11:50 a.m. <b>Yoga</b>	11-11:50 a.m. <b>Mind and Body Yoga</b>	
5-5:50 p.m. <b>F.I.T.</b>	11-11:50 a.m. <b>Yoga</b>	5-5:50 p.m. <b>Self Myofascial Release</b>	Noon-12:50 p.m. <b>Boot Camp</b>	Noon-12:50 p.m. <b>Boot Camp</b>	
	Noon-12:50 p.m. <b>Pilates</b>		1-1:50 p.m. <b>Chair Yoga</b>	1-1:50 p.m. <b>Recover and Move Better</b>	

Rehabilitation Therapies and Exercise | 907-729-6683  
Nateya | 4201 Tudor Centre Drive



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-33. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

# January 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.

## 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.

## Mind and Body Yoga

Come drop into your inner calm using breath, meditation, and movement. All levels accessible.

## 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.