

# August Exercise Classes

Scan the QR code or visit:  
southcentralfoundation.com/services/  
rehabilitation-therapies-exercise/



## Monday

7-7:30 a.m.

**Spin**

11-11:50 a.m.

**Tabata GX**

Noon-12:50 p.m.

**TRX Strength**

12:05-12:55 p.m.

**Outdoor Walk/Run**

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

7-7:45 a.m.

**Recover and Move  
Better**

11-11:50 a.m.

**Tabata GX**

Noon-12:50 p.m.

**Spin**

Noon-12:50 p.m.

**Boot Camp**

12:10-1 p.m.

**Outdoor Biking**

2-2:50 p.m.

**TRX Strength**

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**

Noon-12:50 p.m.

**Spin**

1-1:50 p.m.

**Chair Yoga**

5-5:50 p.m.

**F.I.T.**

## Friday

7-7:30 a.m.

**Spin**

10-10:50 a.m.

**TRX Strength**

11-11:50 a.m.

**Mind and Body Yoga**

Noon-12:50 p.m.

**Boot Camp**

1-1:50 p.m.

**Recover and Move  
Better**

## Cancellations

**Wednesday, Aug. 19**

11-11:50 a.m.

**Tabata GX**

Noon-12:50 p.m.

**Spin**

Noon-12:50 p.m.

**Boot Camp**

12:10-1 p.m.

**Outdoor Biking**

2-2:50 p.m.

**TRX Strength**

5-5:50 p.m.

**Self Myofascial  
Release**

## Contact Information

Rehabilitation Therapies and Exercise | 907-729-6683

Nateya | 4201 Tudor Centre Drive



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 105-63. These parent organizations have established a joint Operating Board to ensure unified operation of health services provided by the Medical Center.

# August Exercise Class Descriptions



## 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.

## Mind and Body Yoga

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

## Outdoor Biking

Suitable for all levels, trail biking is a fun and effective way to stay active. Helmets are required for participation. Rentals for helmets and bikes will be available at no cost while supplies last. The route will begin at the Nateya building, check-in at reception upon arrival. No pre-registration required.

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# August Exercise Class Descriptions Continued



## Outdoor Walking/Run

Get outside, get moving, and build endurance. This outdoor walk/run class is designed for all fitness levels, with three separate pace groups: walking, slower jogging, and faster running. The class will use interval training, alternating between walking and jogging. The class will gradually increase jogging time while decreasing walking time to improve cardiovascular fitness and endurance. The walking group will follow the same interval format using speed walking intervals and a moderate pace during recovery intervals.

## 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.

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