



JULY Wellness Center Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Cheeks and Obliques
7:10–7:45 a.m.

Boot Camp
Noon–12:50 p.m.

Lose to Win
Noon–1 p.m.

Basic Yoga
10–10:50 a.m.

Healthy Food Fun
Cooking Demonstration
11:30 a.m.–12:30 p.m.

Spin Class
Noon–12:50 p.m.

Elders' Wellness
1:30–3 p.m.

* Gym closed
July 4 due
to holiday.

* Gym closed
at 3:45 p.m. on
July 11 for
corporate event

Cheeks & Obliques
7:10–7:45 a.m.

TRX® Strength
Noon–12:50 p.m.

Healthy Food Fun
Cooking Demonstration
11:30 a.m.–12:30 p.m.

Breastfeeding Basics
July 26
2:30–6:30 p.m.

**Healthy Cooking
on a Budget**
(July 5 and 19)
4:30–5:45 p.m.

Tobacco Class
(July 5 and 19)
4–5 p.m.

Birthing Basics
(July 12 and 19)
3:30–6:30 p.m.

**Functional Strength and
Balance**
10–10:50 a.m.

Yoga
Noon–12:50 p.m.

Walking Group
2–3 p.m.
(No class July 27)

Diabetes 101
July 13 • 10–11 a.m.
July 27 • 4–5 p.m.
*Registration required

Zumba®
5:15–6 p.m.

Back to school Bash
July 27
1–3 p.m.
VNPCC lobby

Spin Class
7:10–7:50 a.m.

Toddler Time
10–11:30 a.m.

**Circuit Training
In the Sun**
(Weather permitting)
Noon–12:30 p.m.

Birthing Basics
July 8
9 a.m.–4 p.m.

For more information, please contact
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Classes are open to customer-owners, Southcentral Foundation employees, and empaneled spouses who are eligible to receive SCF services.



Back to School Bash

Visit with *Benteh Nuutah* Valley Native Primary Care Center staff and enjoy physical activities, games, healthy snacks and more.

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.

Bike Safety Event

Bike into National Safety Month at the VNPCC Bike Safety Event. Stroll along a beginners course, have a bike technician look over your bike, visit with Helmets on Heads, Learn to prevent Brain Injuries & helmet safety, and win prizes!

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. Pre-registration required, call (907) 631-7630.

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.

Cheeks & Obliques

Increase the strength of your lower body and midsection in a short amount of time. The exercises performed focus on toning your glutes, thighs, and stomach using various equipment and mat work. This class is moderate intensity: somewhat hard; you will begin sweating after performing the activity for approximately 10 minutes, and breathing will become deeper and more frequent.

Circuit Training in the Sun (weather permitting)

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. *This class will be held outdoors if weather is nice.*

Diabetes 101

Discover ways to manage pre-diabetes or diabetes and enjoy living a healthy lifestyle. Pre-registration required, call (907) 631-7630.

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.

Functional Strength & Balance

Improve the way you move, decrease pain, and learn how to exercise anywhere without needing equipment. Learn real life movements to improve your flexibility, strength, and balance all at the same time. This class is low-intensity: does not induce sweat with no noticeable change in breathing.

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.

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. Pre-registration required, call (907) 631-7630.

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.

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.

Tobacco Class

Take the first step in quitting tobacco by joining us for a 1-hour class where you will learn the effects of tobacco on your body and what medications we offer to help you in your quit journey. We will be there to support you every step of the way!

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 prevent injuries. This class is moderate-intensity: somewhat hard; you will begin sweating after performing the activity for approximately 10 minutes, and breathing will become deeper and more frequent.

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

Are you looking to relieve back pain, strengthen your core, improve your flexibility, relieve stress or perhaps gain a competitive edge in sports? This class is moderate-intensity. You will begin sweating after performing the activity for approximately 10 minutes; breathing will become deeper and more frequent.

Zumba®

Dance to fast and slow Latin dance rhythms that tone and sculpt the body with a balance of cardio and muscle-toning in a fun and exciting class.