

FITNESS CLASSES JANUARY 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 AM - 7:45 AM		Bodypump 6:45 AM - 7:45 AM			Bodypump 6:45 AM - 7:45 AM <i>VIDEO WORKOUT</i>
11:00 AM - 11:45 AM	Elders Fitness 11:00 AM - 11:45 AM <i>AT ELDERS</i>	11:00 AM - 12:00 PM Total Body 11:00 AM - 12:00 PM	Surprise Class 11:00 AM - 12:00 PM	Circuit Training 11:00 AM - 12:00 PM	12:00 PM - 1:00 PM Core 12:00 PM - 1:00 PM <i>VIDEO WORKOUT</i>
3:00 PM - 3:45 PM	Total Body Reset 3:00 PM - 3:45 PM	12:30 PM - 1:15 PM Back, Booty, & Core 12:30 PM - 1:15 PM	3:00 PM - 3:45 PM Body Pump 3:00 PM - 3:45 PM	12:30 PM - 1:15 PM Back, Booty, & Core 12:30 PM - 1:15 PM	5:00 PM - 5:30 PM Body Flow 5:00 PM - 5:30 PM <i>VIDEO WORKOUT</i>

Elders Fitness

This 45 min class is safe and effective to increase strength, stability, and endurance using chair and standing exercises.

Back, Booty, & Core

Concentrates on strengthening the muscles around the core with an emphasis on core strength and stability. Providing the vital ingredient for a stronger body.

Circuit Training

Exercises performed in a circuit, great for endurance training

Bodypump

A barbell workout designed to get you lean, toned, and fit. The combination of scientifically-backed moves, motivating instructors, and great music helps you achieve much more than you would on your own.

Total Body Reset

This class is a combination of strength and movement patterns and is perfect for anyone trying to improve their fitness and health. Beginners can work at their level; intermediate and advanced students will be pushed to their limit by this full-body workout.



We are open Monday - Friday
from 6:30 AM - 6:30 PM

Monthly Challenge Roll in the New Year

Directions: Roll two dice and add the number together. The sum of the dice determines the exercise movement. Your workout should consist of at least 10 rolls of the dice.

Roll a 2.....	5 Burpees
Roll a 3.....	15 Sit-ups
Roll a 4.....	15 Squats
Roll a 5.....	20 Mountain Climbers
Roll a 6.....	20 Pushups
Roll a 7.....	20 Jumping Jacks
Roll a 8.....	25 Skaters
Roll a 9.....	25 Russian Twist
Roll a 10.....	Minute Bridge
Roll a 11.....	Minute Wall Sit
Roll a 12.....	Minute Plank

Complete the ROLL in the NEW YEAR fitness challenge throughout the month of January. At the end of the month, add up the total number of days completed.

heyi ni'u January 2023 wellness activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year! What health choices will you make this year?	2 New Year Holiday Kenaitze Programs Closed	3 Tasty Tuesday	4	5	6 8:00AM Dawn Prayers 10:00am-4pm Native Arts and Crafts Sale	7 You can self-refer for Wellness Coaching; ask today!
8 Tobacco Cessation and Cervical Cancer Awareness Month	9 1-4pm Arts & Crafts	10 10am-2pm Health Promotion in DWC lobby	11 10:30am-12pm Cancer Support Group	12 Thirsty Thursday	13 10am-4pm New Year New You Gym Open House	14 Control your portions by using a smaller plate.
15 Do you know your health numbers? Blood pressure, A1c, cholesterol?	16 1-4pm Arts & Crafts	17 11am-1:30pm Diabetes Self-Management Class Tasty Tuesday	18 11am-1pm Granola bar making class	19	20 8:00AM Dawn Prayers 11am-1pm Diabetes Support Group	21 Call 335-7588 to schedule with a personal trainer!
22 Vitamin D Rich Foods: Salmon & Herring Mushrooms Fortified Milk & Cheese	23 1-4pm Arts & Crafts	24 11am-1:30pm Diabetes Self-Management Class	25 Chapstick Making Class 12:30-2:30	26 Thirsty Thursday	27 8:00AM Dawn Prayers	28 Learn the risks of smoking, chewing and vaping.
29 Be active! Try something new.	30 1-4pm Arts & Crafts	31 11am-1:30pm Diabetes Self-Management Class Tasty Tuesday	 <p>ALASKA'S TOBACCO QUIT LINE 1-800-QUIT-NOW 784-8669 alaskaquitline.com</p>		Watch for Heart Health information coming in February!	
		<p>Gym classes are open to: Un'ina, Kenaitze Employees, and Buddy Participants Gym: Mon - Fri 6:30am - 6:30 pm ~ No appt needed for orientation Greenhouses now open! Our hours are Monday - Friday 10AM-3PM at 245 N. Ames Rd. Tasty Tuesday and Thirsty Thursday in the Gym. Come try some healthy snacks and infused water! Dawn Prayers is returning from it hiatus this month!</p>				

Heyi ni'u winter month



What are your wellness goals?
 Quitting tobacco?
 Eating healthy?
 Starting exercise?
 Coping with stress?
Call 907-335-7589