

heyi ni'u January 2024 wellness activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy New Year! What health choices will you make this year?	1 New Year Holiday Kenaitze Programs Closed	2	3	4	5 7:45AM Dawn Prayers	6 You can self-refer for Wellness Coaching; ask today!
7 Tobacco Cessation and Cervical Cancer Awareness Month	8 1-4pm Arts & Crafts	9 10am-2pm Health Promotion in the Gathering Space	10	11 Thirsty Thurs.	12 10:00am-4pm Native Arts and Crafts Sale	13 Control your portions by using a smaller plate.
14 Do you know your health numbers? Blood pressure, A1c, cholesterol?	15 1-4pm Arts & Crafts	16	17	18	19 12-2pm Lotion Making Workshop	20 Call 335-7588 to schedule with a personal trainer!
21 Vitamin D Rich Foods: Salmon & Herring Mushrooms Fortified Milk & Cheese	22 1-4pm Arts & Crafts	23 Tasty Tues. 1-3pm The joy of Planting Workshop - At Greenhouse	24 1-3pm Stress and Solutions Workshop	25	26	27 Learn the risks of smoking, chewing and vaping.
28 Be active! Try something new.	29 1-4pm Arts & Crafts	30	31	 ALASKA'S TOBACCO QUIT LINE 1-800-QUIT-NOW 784-8669 alaskaquitline.com		Watch for Heart Health information coming in February!
		<p>Gym classes are open to: Un'ina, Kenaitze Employees, and Buddy Participants</p> <p>Gym: Mon - Fri 6:30am - 6:30 pm ~ No appt needed for orientation</p> <p>Greenhouses open! Our hours are Monday - Friday 10AM-3PM at 245 N. Ames Rd.</p> <p>Tasty Tuesday and Thirsty Thursday in the Gym. Come try some healthy snacks and infused water!</p>				

Heyi ni'u winter month



What are your wellness goals?
 Quitting tobacco?
 Eating healthy?
 Starting exercise?
 Coping with stress?
Call 907-335-7588

FITNESS CLASSES JANUARY 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 AM - 7:45 AM			Circuit Burn & Strength 7:15 AM - 7:45 AM		Circuit Burn & Strength 7:15 AM - 8:00 AM
8:00 AM - 8:45 AM	Hatha Yoga & Morning Stretch 8:00 AM - 8:45 AM				
11:00 AM - 11:45 AM		Circuit Works 11:00 AM - 11:45 AM		Circuit Works 11:00 AM - 11:45 AM	
12:00 PM - 12:30 PM	Back, Booty, & Core Express 12:00 PM - 12:30 PM		Back, Booty, & Core Express 12:00 PM - 12:30 PM		Yoga Flow 12:00 PM - 12:45 PM

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 Works

A number of different exercise stations being set up around the room. Participants will start at one specific station and doing that will exercise at that station for a set period of time. GREAT FOR ALL SKILL LEVELS!

Circuit Burn & Strength

This is a fast paced energizing circuit with stations carefully designed to deliver a total body knockout workout.

Vinyasa Yoga Flow

Flow is a vigorous class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic poses before moving onto the more complex poses. Helps build overall strength and flexibility.

Hatha Yoga & Morning Stretch

Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

Monthly Challenge Biggest User

The person who uses the gym the most during this month wins a prize, and the top 10 users will have their names entered into a drawing to win a prize.



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