

# FITNESS CLASSES OCTOBER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM - 8:45 AM	<b>Hatha Yoga &amp; Morning Stretch</b> 8:00 AM - 8:45 AM		7:15 AM - 7:45 AM <b>Circuit Burn &amp; Strength</b> 7:15 AM - 7:45 AM		7:15 AM - 8:00 AM <b>Morning Yoga Flow</b> 7:15 AM - 8:00 AM
11:30 AM - 12:30 PM		<b>Urban Poling at the Track</b> 11:30 AM - 12:30 PM		11:00 AM - 11:45 AM <b>Circuit Works</b> 11:00 AM - 11:45 AM	<b>Circuit Works</b> 11:00 AM - 11:45 AM
12:00 PM - 12:30 PM	<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM		<b>Back, Booty, &amp; Core Express</b> 12:00 PM - 12:30 PM		
5:15 PM - 6:00 PM		<b>Flow Yoga</b> 5:15 PM - 6:00 PM		5:15 PM - 6:15 PM <b>Hatha Yoga</b> 5:15 PM - 6:15 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.

### 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.

### Circuit Works

Move through energizing circuits carefully designed to deliver a total body experience. Great for all skill levels.

### Hatha Yoga

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

### Urban Poling

Curious about the walking pole workout? Urban poling (also known as Nordic walking)—think cross-country skiing without the skis—has toning, calorie-burning and posture benefits that have made it popular in Europe for decades and a new workout favorite in Canada.

## Monthly Challenge

### Jacob's Ladder Challenge

Track your feet on the whiteboard in the gym. Whoever has the most cumulative feet will be the winner. Every participant will be entered into a drawing.



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

# k'eghun shani **October 2023** wellness activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Domestic Violence Awareness Month</b>	2 1-4PM Arts & Crafts	3	4	5 11AM-1:30PM Chronic Disease Self Management Class	6 7:45AM Dawn Prayers 1PM-3PM Arts and Snacks Activity at Greenhouse	7 Kenaitze Indian Tribe Annual Meeting In-Person
8 Domestic Violence advocates can be reached at 335-7600	9 1-4PM Arts & Crafts	10 10AM-2PM Health Promotion in the lobby	11 1-2PM Meal Prep Workshop	12 <b>Thirsty Thursday</b> 11AM-1:30PM Chronic Disease Self Management Class	13 7:45AM Dawn Prayers 10AM-4PM Arts and Crafts Sale	14 Ada is the Kenaitze value of care, concern and tenderness
15 Flu Shots are available	16 1-4PM Arts & Crafts	17 11AM-1:30PM Diabetes Self Management Class	18	19 11AM-1:30PM Chronic Disease Self Management Class	20 7:45AM Dawn Prayers	21 Breast Cancer is the second most common cancer in women
22 <b>Red Ribbon Week of Oct 23-31: Be kind to your mind. Live Drug Free</b>	23 1-4PM Arts & Crafts	24 <b>Tasty Tuesday</b> 11AM-1:30PM Diabetes Self Management Class	25 1-2PM Healthy Halloween Treat Workshop	26 11AM-1:30PM Chronic Disease Self Management Class	27 7:45AM Dawn Prayers 1-3PM Wild Tea Blending Workshop at Greenhouses	28 Wash your hands to stop the spread of germs
29 Pick up Breast Self-Exam tools for yourself or a loved one at the Wellness Desk	30 1-4PM Arts & Crafts	31 11AM-1:30PM Diabetes Self Management Class		 <p><b>ALASKA'S TOBACCO QUIT LINE</b> 1-800-QUIT-NOW 784-8669 alaskaquitline.com</p>		Coming in November Diabetes and Cardiovascular Wellness
		<p><b>Gym classes are open to: Un'ina, Kenaitze Employees, and Buddy Participants</b>                  Gym: Mon - Fri 6:30am - 6:30pm ~ No appt needed for orientation  <b>Greenhouses now open! Our hours are Monday - Friday 10AM-3PM at 245 N. Ames Rd.</b>                  Tasty Tuesday and Thirsty Thursday in the Gym. Come try some healthy snacks and infused water!  <b>Join our new Urban Poling Classes! Please RSVP to attend. Talk to the Gym Desk to Sign up.</b></p>				

## Salmonberry Cake

4 cups salmonberries, divided  
 ¾ cup water, or as needed  
 1 (16.5 ounce) package white cake mix  
 3 eggs  
 2 tablespoons vegetable oil  
 ½ cup white sugar  
 Preheat oven to 350 degrees.  
 Grease 2 (9-inch) round cake pans.  
 Press 2 cups of salmonberries through a metal mesh strainer into a bowl using the back of a large spoon; discard contents of strainer. Pour salmonberry pulp and juice (it will be about 1 1/4 cups) from bowl into a 2-cup measuring cup; pour in enough water to bring the pulp and juice to 2 cups. Stir well. Place cake mix, eggs, vegetable oil, and 1 cup salmonberry mixture in a bowl; blend with an electric mixer on low speed until moistened, about 30 seconds. Beat cake mixture at medium speed for 2 minutes. Fold remaining 1.5 cups whole salmonberries into cake mixture; pour evenly into prepared pans. Bake in oven until a toothpick inserted near the center comes out clean, about 30 minutes. While cake is baking, cook remaining 1 cup salmonberry mixture, remaining 1/2 cup whole salmonberries, and sugar in a saucepan over medium high heat, stirring constantly until mixture begins to simmer; remove from heat. To assemble: While cake is still warm, gently poke holes all over the top of the cake layers with a fork. Pour half the cooled salmonberry mixture over each cake; allow to cool completely.