

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Tuesday May 5th, 2020

Important Links

YK Fitness Center Website:

<http://www.ykfitness.org/>

City of Bethel Website:

<https://www.cityofbethel.org/>

Bethel, AK Local News:

<https://www.kyuk.org/>

Yukon-Kuskokwim Health Corporation Website:

<https://www.ykhc.org/ykhc-news/>

State of Alaska COVID-19 Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>

Federal CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

#GivingTuesdayNow

You can take part in [#GivingTuesdayNow](#) by donating to the YK Delta COVID-19 Response Fund or any fund at Bethel Community Services Foundation. Your gift will help support the social safety nets in the YK Delta.

#GivingTuesdayNow

May 5, 2020

#GivingTuesday in May?

This is a global generosity movement in response to the unprecedented need caused by COVID-19

How can I participate?

Donate to our local YK Delta COVID Response Fund at www.bcsfoundation.org.



Go to <https://forms.gle/3dx4ZvBPz34LYeRw8> and tell us what topics you want to see.

YK Fitness' Better Together Virtual 5K Series

Did you complete your Family 5K? [Enter your results](#) and or send your pictures to ykfc@cityofbethel.net.

Visit <http://www.ykfitness.org/virtual-5k> to preview and prepare for next week's theme

Physical Activity

Have you tried our Virtual Fitness Classes?

VIRTUAL FITNESS SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Vinyasa Yoga Flow 7:00 - 7:45 a.m. CDT Instructor: Sabbi		Total Body Conditioning 7:00 - 7:45 a.m. CDT Instructor: Arel	Yoga & Core 7:00 - 7:45 a.m. CDT Instructor: Lauren
High Intensity Interval Training & Core 8:00 - 8:45 a.m. CDT Instructor: Kim		Cardio Dance 8:00 - 8:45 a.m. CDT Instructor: Rachel	High Intensity Interval Training & Core 8:00 - 8:45 a.m. CDT Instructor: Kim	Tabata & Core 8:00 - 8:45 a.m. CDT Instructor: Christina
Barre 11:00 - 11:45 a.m. CDT Instructor: Sarah	Barre 11:00 - 11:45 a.m. CDT Instructor: LC	Total Body Conditioning 11:00 - 11:45 a.m. CDT Instructor: Christina	High Intensity Interval Training 11:00 - 11:30 a.m. CDT Instructor: Lauren	Body Weight Bootcamp & Core 11:00 - 11:45 a.m. CDT Instructor: Grayson
Pilates Flow 4:00 - 4:45 p.m. CDT Instructor: Arel	Pilates Flow 3:00 - 3:45 p.m. CDT Instructor: Becca	Nutrition Info Video 5:00-5:45p.m.CDT Instructor: Enlie	Total Body Conditioning 4:00 - 4:45 p.m. CDT Instructor: Alexa	



Join HealthFitness participants from across the country for live virtual fitness classes. The times are listed in CentralTime, but if you miss a class you can always check them out later. Click the picture to view details, class descriptions and instructor information. Try a virtual class today and earn points towards your Make May Matter entries.

Nutrition & Wellness

2020 isn't all bad when Cinco Demayo falls on Taco Tuesday! Check out these healthy Cinco Demayo Recipes.

