

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



Friday May 8th, 2020

The Fitness Center will be open this weekend 2pm-9pm

We appreciate your help and patience as we work to assure that we can keep everyone safe.

- ▶ Everyone Age 2+ must **wear a mask** in common areas
- ▶ Everyone under 16 years must have adult (18+) supervision
- ▶ Social Distancing required
- ▶ New traffic patterns to reduce congestion
- ▶ At check-in patrons and staff must confirm they are symptom free and provide contact information
- ▶ **Wash hands** before participating in activities
- ▶ Capacity limits for each space
- ▶ Some equipment closed to allow distancing
- ▶ Spa remains closed

Visit ykfitness.org for more details

GOT MASK?



Physical Activity

This Sunday:

- **Inside Yoga with Janessa at the Fitness Center @3pm**
 - **Limit 8 participants, first come first served.**

YK Fitness' Better Together Virtual 5K Series

May, 8-10 **Be a Superhero:** Wear your favorite superhero attire or create your own superhero! Wear your costume to complete your 5K this weekend.

To get started, sign up [here](http://www.ykfitness.org/virtual-5k) visit <http://www.ykfitness.org/virtual-5k>; and/or send pictures to ykfc@cityofbethel.net.

working together to stay healthy

How We Are Helping Keep You Safe

Actions we are taking to prevent the spread of disease in the fitness center:



Cleaning and sanitizing all surfaces frequently.



Asking members and staff to stay apart.



Reminding everyone to wash hands or use hand sanitizer frequently.



Asking those who are not feeling well to stay home.



Restricting shared equipment and limiting class size.



Modifying traffic flows.