

Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

April 2021

Important Links

- [YKFC](#)
- [City of Bethel](#)
- [KYUK—Bethel, AK Local News](#)
- [State of Alaska Covid-19](#)
- [CDC](#)
- [Yukon-Kuskokwim Health Corporation](#)

Facility Updates

Monday-Friday: 5:30am-9:00pm, Saturday 10am-9pm, Sunday: Closed

Detailed facility hours below. Please check our website for a complete schedule.

Memberships are on hold and will be reactivated as guests return to the facility.

Keeping Up With YKFC

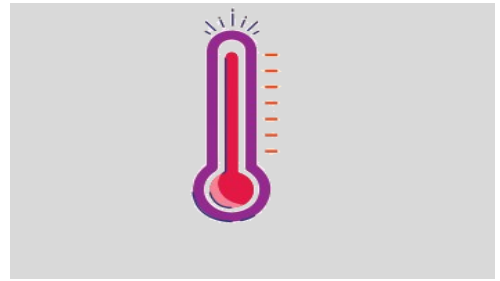
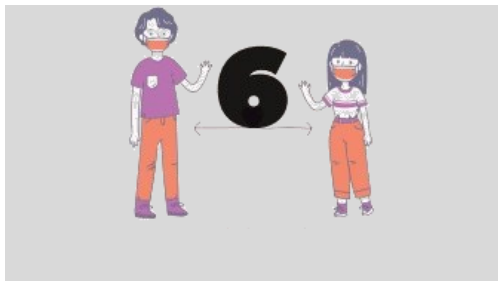
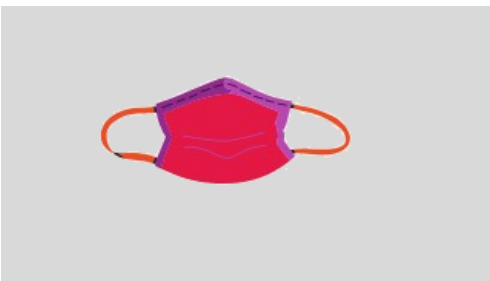
Stay up to date by following us on [Facebook](#)

Help Us Expand Operations

We're eager to expand our operating procedures and welcome everyone back as soon as it is safe to do so, but we aren't there quite yet. To expand our opening the YK Delta needs to be consistently at or below what [YKHC](#) considers "Moderate Transmission", or the yellow zone. The best way to help us expand operations is to get your covid-19 vaccination if you're able, wear a face mask, continue social distancing and stay home when you're sick. We look forward to opening to everyone soon.

Indicators and Thresholds for Community Transmission of COVID-19

Indicator	Low Transmission Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
Total new cases in the past 7 days	YK Delta <3	YK Delta 3-12	YK Delta 13-24	YK Delta ≥25
Percentage of positive tests during the past 7 days	<3%	3.0-3.9%	4.0%-4.9%	≥5%
Percentage of eligible population that has been vaccinated	≥50%	30%-50%	10%-30%	<10%
Households in the same sub-regional area with positive cases in the past 7 days	0 households	1 household	2 households	≥3 households
Contact Tracing of Local Cases Linked to Travel: Each individual community should go two weeks without any cases that are not clearly linked to travel. This period reflects one full disease cycle, and helps ensure the virus has not spread in the community.				



April 2021 Facility Hours

Fitness areas: Monday– Friday

- 5:30am-9:00am: Open
- 9am-10am: Closed
- 10am-3:30pm: Open
- 3:30pm-4pm: Closed
- 4pm-9pm: Open

Fitness areas: Saturday

- 10am-3:30pm: Open
- 3:30pm-4pm: Closed
- 4pm-9pm: Open

Pool area Monday-Friday

- 5:30am-10am: Open
- 10am-3:30pm: Closed
- 3:30pm-8:30pm: Open

Pool area: Saturday

- 10am-8:30pm: Open

Embracing Group Fitness Classes

Group workouts aren't for everyone and that's okay, but how many of us have want to try a class but have been intimidated by trying a new class? Trying new things is scary and no one wants to feel like the new guy. But group fitness classes at YKFC are anything but scary! A few ways to help reduce nervousness about a group fitness class are to:

- Research the class.
- Ask the instructor or other YKFC team members what to expect.
- Trust us when we tell you that everyone gets nervous before trying a new class!
- Let go of the expectation that you need to do every move or sequence perfectly. Perfection isn't the goal, fun and fitness are the goals!

We're happy to chat about classes and the fitness center anytime, stop by or email us at ykfc@cityofbethel.net Our [fitness class schedule](#) is posted on our website, we'll see you soon!

Thin Ice

As temperatures start to change in the YK Delta make sure you're keeping an eye on the ice. [Bethel Search and Rescue](#) has already shared a warning for the ice road to Akiachak due to overflow and thin ice and [KYUK reported](#) some areas will no longer be maintained. In addition to watching ice conditions make sure you're prepared for the cold and for potential emergencies by packing [basic survival equipment](#).

World Health Day

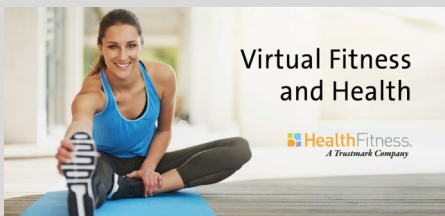
April 7 is World Health Day. Since 1950 the World Health Organization has celebrated a different aspect of health each year at the beginning of April. This year the focus is on health inequality. The WHO is raising awareness of inequalities in access to health care, safe environments, clean water and food security. Covid-19 did not cause these inequalities but it certainly, did highlight some very serious concerns in healthcare across the globe. Join the [World Health Organization](#) in ending healthcare inequalities.

Fitness Games

Ready to turn your family game night into a fitness challenge? We're bringing you a new fitness game each week. Each of these games can be done with minimal equipment and at almost any activity level. [The first game is Fitnessland](#). This fitness themed game board will bring out your family's (friendly) competitive side.



Virtual Fitness and Health



Keep up with your home workouts with virtual fitness classes continuing into 2021.

[Find Classes Here](#)

Yukon-Kuskokwim Fitness Center

www.ykfitness.org

543-0390

267 Akiachak Dr, Bethel AK 99559

