



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

April 2, 2021

Important Links

[YKFC](#)

[State of Alaska Covid-19](#)

[City of Bethel](#)

[CDC](#)

[KYUK—Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

Facility Updates

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

Please check our [website](#) for a complete [facility schedule](#) and operating procedures.

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

Group Fitness

Group Fitness classes are back! Space is limited, masks and social distancing are required. For more information visit: <http://www.ykfitness.org/group-fitness>

Fitness Class Spotlight:

Week End Wind Down

After a long week hunched over a desk or a couple really tough workouts there's nothing better than a deep, guided stretch. That's exactly what the Week End Wind Down offers. Join instructor Kevin Friday evenings at 7pm for a one hour stretch and relaxation class. Using stretching aids like straps and foam rollers Kevin guides the class through a series of full body stretches aimed to release tension and reset muscle groups. One of the best aspects of this class is that there is no prior experience needed and any fitness and flexibility level can benefit. If you're feeling tense or simply looking to incorporate some stretching into your workout routine join us Friday at 7pm in the studio. Visit our [website](#) for more information on Week End Wind Down and our other group fitness classes.

World Health Day

[April 7 is World Health Day](#). This year the World Health Organization (WHO) is focusing on inequalities in health and healthcare. This includes raising awareness about lack of access to safe environments, healthy food, reliable healthcare and clean water and air. The WHO is asking community and government leaders to begin assessing and correcting essential inequalities for all communities.



Fitness Land

The Fitness Land board game is here to help mix up your workouts! You can play by yourself or invite the whole family. Each space on the board game has a different workout. The workouts will get progressively harder as you move across the board. Give it a try and let us know what you think: <http://www.ykfitness.org/family-fitness>