



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

April 9, 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:

#### Cycling

Enjoy cardio but looking for an alternative to running? Cycling might be just what you're looking for! Our stationary bikes are always available for patron use throughout the day but our Monday evening cycling class is where they really shine. Group Fitness Instructor Rose leads the class through a high energy one hour ride in the YKFC Studio. Cycling classes offer a full body workout that can really get your heart rate up and burn calories. Cycling is much lower impact than running or jumping so if you're concerned about the impact of a cardio class cycling is a really great alternative or addition to your workout routine. Our weekly class is open to all riders from beginner to advanced.

### Membership

Why become a member at YKFC? Getting an annual membership is the most cost effective and easiest way to visit YKFC. If you plan to visit the gym or pool more than a couple times a month you'll be saving money by signing up for a membership plus members get discounts on group fitness classes. For more membership information visit our [website](#) or stop by and chat with us!



### Fitness Games: Fit Battle & 52 Card Pick Up

If you have a deck of cards you have everything you need for these games. Incorporating playing games into your fitness routine is a great way to involve more members of your household and keep your workouts from getting stale.

[Learn more about Fit Battle & 52 Card Pick Up Fitness.](#)