



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

April 16, 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:

Masters Swim

Masters Swim class on Wednesday evenings and Saturday mornings is the perfect combination of cardio and low-impact. Instructor Elle has curated workouts designed to improve endurance and strength in the water. Taking your workouts to the water is a great way to stay fit while taking pressure off your joints...it's also fun! While any amount of swimming can be a good workout a curated class offers a great flow of movement and can help focus on specific outcomes and goals. Being a *master* swimmer is not a prerequisite for the class but swimmers should be able to complete all four swimming strokes and swim four lengths of the pool without stopping.

See our full class schedule [here](#).

Added Sugar

Is added sugar really that bad? The short answer is, yes.

The scariest thing about added sugar is how much of it is in everyday grocery store items. A can of soda can have as much as 10 teaspoons of sugar. That's a LOT of sugar in one sitting. By having one soda or juice a day we increase our chances of tooth decay, diabetes, and heart disease.



Home Workouts

Even as the world begins to reopen from Covid-19 closures we are still spending a lot of time at home. Make the most out of your time at home with some quick and equipment free workouts. Staying active will help keep you healthy and ready for adventures, celebrations, and everyday life when things return to normal.

<http://www.ykfitness.org/home-workout-suggestions>