



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

April 23, 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:

#### Water Aerobics

Every Monday, Wednesday, and Friday at 10am one side of the pool is converted from lanes for lap swimming to an open space for water aerobics. Much like a studio based aerobics class the participants will follow instructor Stacey through a full body cardio workout. The class focuses on flexibility, strength, and endurance. By taking your workout into the pool the impact and stress on joints and muscles is greatly reduced. This is a great opportunity for anyone recovering from an injury or looking to avoid the high impact of a typical cardio class.

Swimming experience is not required and all fitness levels are welcome.

### Every Kid Healthy Week

[Action For Healthy Kids](#) has named April 26-30, 2021 [Every Kid Healthy Week](#). Every day of the week has a different theme to highlight a specific aspect of child and family health. Topics range from mental health to physical fitness. We'll be sharing our favorite ways to support child and family health all week and resources to keep you healthy.

### Container Policy

Reminder: All beverages must be in a container with a lid. Glass is not allowed in any area of the facility. For additional policy information visit: <http://www.ykfitness.org/policies-and-procedures>



### Facility Eligibility

Currently, YKFC is open to all fully vaccinated patrons, ages 16 and up. Fully vaccinated means 14 days after your final vaccination dose. All patrons are required to show proof of vaccination before using the facility. At check-in all patrons will complete a required short survey. We hope to welcome children soon, but we are not able to at this time.

To confirm eligibility take this [survey](#).