



# Yukon-Kuskokwim Fitness Center

SAFETY \* WELLNESS \* COMMUNITY

August 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

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](#)

## Start the School Year Off Right

It's difficult to believe we're already heading into August when it feels like we just started summer. With the beginning of a new school year comes the opportunity to put in place new priorities and habits. This is a great time to restart your gym routine or family swims. To make sure you're set up for success try blocking off time in your planner for gym visits and going as a family to help keep each other accountable. Starting a new fitness routine now will help your family keep up with the routine as you get busier throughout the school year.

More resources for keeping a routine:

[VERYWELLMIND.COM](#)

[REALSIMPLE.COM](#)



## August 2021 Facility Hours

Fitness areas: Monday– Friday

5:30am-11:00am: Open  
11am-11:30am: Closed  
11:30am-9pm: Open

Fitness areas: Saturday

10am-9pm: Open

Pool area Monday-Friday

5:30am-8am Open  
8am-1:30pm: Closed  
1:30pm-8:30pm: Open

Pool area: Saturday

10am-8:30pm: Open

## Save the Dates

### Community Health Fair

Visit us at the Community Health Fair, 10am-2pm on August 14 at Bethel Family Clinic. We'll be joining other community health organizations in highlighting the health and wellness resources available in Bethel. For more information: [Community Health Fair](#)

### 2021 Bethel Fair

Join us at the Bethel Fair September 3-4 at the Cultural Center.

Volunteers needed! To volunteer with the event call the library at 543-4516. To volunteer with the Fitness Center's booth email us at [kerri.donnelly@hfit.com](mailto:kerri.donnelly@hfit.com)

## Help Us Keep the Facility Clean

Mud and dirt tracked into the facility on boots and shoes can cause serious damage to the cardio equipment, floor mats, and pool filters. Help us keep the facility clean and running properly by leaving all outside shoes in a cubby or covering your shoes with designated shoe covers. Please remember to store all belongings properly during and after your visit and dispose of all trash and recycling properly. Broken glass can damage equipment and cause injury to patrons and staff so glass is not permitted in the facility. All swimmers should shower before entering the pool or spa, this helps keep dirt and residue out of the water.

## Now Hiring

We are currently hiring for part time and full time lifeguards and a full time Fitness Operations Manager. If you're looking for a fun and flexible position with a great team [apply to work with us today!](#)



## Covid-19

All patrons are required to wear a face masks unless they are showering or swimming. Patrons who have travelled outside of Bethel in the last 10 days are prohibited from using the facility.

Fully vaccinated patrons, with proof of vaccination, are exempt from face mask and travel policies.

Please remember the Covid-19 Pandemic is an evolving situation and policies may change to reflect current guidance without notice. Please check our [website](#) or [Facebook](#) for full policy details.

## Group Fitness Classes



Group Fitness Classes are offered Monday-Friday.

View our full schedule [here](#).

Yukon-Kuskokwim Fitness Center

[www.ykfitness.org](http://www.ykfitness.org)

543-0390

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