



# Yukon-Kuskokwim Fitness Center

SAFETY \* WELLNESS \* COMMUNITY

February 2022

## 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](#)



February 2022 is the 57th consecutive year that Americans have acknowledged February as **American Heart Month**! American Heart Month is a month-long effort to raise heart health awareness and encourage Americans to make heart healthy decisions. Heart disease is consistently the leading cause of death in Americans. Did you know that one in three women are diagnosed with heart disease annually? The choices we make everyday can have a big impact on our heart health. This month we'll explore the impacts of our daily choices on our heart health and how we can help keep our hearts healthy. We'll be sharing resources to help you manage stress, eat a heart healthy diet, and stay active. Join the conversation by using #OurHearts.

#OurHearts

**February is American Heart Month**

Love your heart. Learn more about keeping it healthy.



#OurHearts

**February is American Heart Month**

Share how your hearts are healthier together.



## February 2022 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

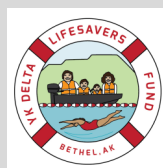
10am-8:30pm: Open

## Physical Activity and Heart Health

It's recommended that adults get at least 150 minutes of exercise a week, that's about two and a half hours total, or 30 minutes five times a week. Most Americans are not getting nearly enough physical activity and the Covid-19 pandemic has not helped. The effects of an overly sedentary lifestyle can be lifelong and serious. Increasing your regular physical activity can help reduce your risk of heart disease, reduce stress, and lower your risk of diabetes. The American Heart Association advocates for a mix of moderate to intense aerobic and strength training exercises to keep your heart healthy. Learn more from the American Heart Association [here](#).



Sponsored by:



## Studio Availability

The studio will be unavailable the following times in February. We apologize for any inconvenience.

February 1-4: 4pm-9pm

February 5: 10am-8pm

February 7-9: 4pm-9pm

## National Wear Red Day

Friday, February 4th is *National Wear Red Day*! Help us start the conversation about heart health by wearing red and posting with #OurHearts and #WearRedDay



## Protect Your Heart— Stay Covid-19 Free

Protect your heart by doing your part to stop the spread of Covid-19. Remember to wear a mask in all areas of the YK Fitness Center, except when showering or swimming in the pool. Stay home if you've been in contact with Covid-19 or aren't feeling well.

## Lifeguard Training

February's lifeguard training will begin Saturday, February 12! Classes will be 12pm-7pm Saturdays and Sundays, 2/12, 2/13, 2/19, 2/20. Participants will learn water safety skills, CPR, and lifeguarding techniques.

<http://www.ykfitness.org/certifications>

## Group Fitness Classes



Group Fitness Classes are offered Monday-Saturday. View our full schedule [here](#).

Yukon-Kuskokwim Fitness Center

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

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