

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

October 12th, 2020



Facility Hours
 Mon-Fri 5:30am-9pm
 Sat & Sun: 2pm-9pm

Important Links

- YK Fitness Center Website:
<http://www.ykfitness.org/>
<http://www.ykfitness.org/covid19>
- City of Bethel Website:
<https://www.cityofbethel.org/>
- Bethel, AK Local News:
<https://www.kyuk.org/>
- Yukon-Kuskokwim Health Corporation
<https://www.ykhc.org/covid-19/>
- State of Alaska COVID-19 Website:
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>
- CDC Website:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Week 2 of our **Fall Into Fitness Challenge** runs Oct 11-17th.
Work towards achieving the CDC recommended 150 minutes of exercise a week and enter to win!



If you:

- are sick,
- have traveled,
- have tested positive or have been in close contact with someone who has tested positive for COVID-19

Please do not visit the facility.

Go to our website for current policies and requirements.

<http://www.ykfitness.org/covid19>



Beginning Swimmers

Through the very generous support of the YK Delta Lifesavers Fund we are able to offer swim lessons this session for just \$10 for youth and \$5 for Elders.

Classes start Sunday, check out our schedule, FAQs and more at <http://www.ykfitness.org/aquatics>



Due to COVID-19 precautions Instructors will not interact directly with swimmers. All youth beginner swimmers are required to bring an adult helper to be in the water with them.

WHICH SWIM LESSON SHOULD WE REGISTER FOR?

Keep It Neat!



Indoor Shoes ONLY

Remove or Cover all shoes that have been worn outside.

Thank you for helping keep our facility clean.

If you are using the the fitness center or studio, please bring a clean pair of "indoor" shoes. This keeps the facility cleaner and significantly prolongs the life of our equipment.

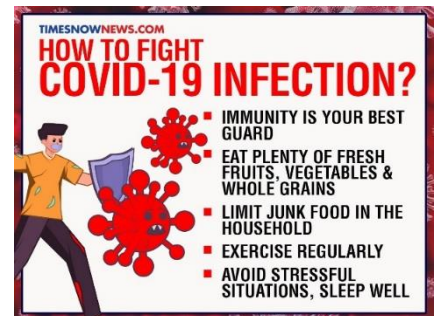
Thank you for helping us keep the facility and equipment clean.

YK Fitness Center Group Fitness Classes October 2020

Class	Schedule	Location	Capacity Limit
Anni-Gravity Barre With Kevin	Wednesdays at 6AM 10/7	Studio	10
Bootcamp With Kevin	Mondays at 6AM 10/5 Fridays at 6AM 10/2, 10/9	Studio	10
Cycling With Rose	Tuesdays at 6:30pm 10/6, 10/13, 10/27	Studio	10
Masters Swim With Renee	Fridays at 6pm 10/2, 10/9, 10/16, 10/23, 10/30	Pool	6
Water Aerobics With Steacy	Wednesdays at 9AM 10/7, 10/14, 10/21, 10/28 Fridays at 9AM 10/16, 10/23, 10/30	Pool	12
Week End Wind Down With Kevin	Fridays at 7pm 10/2	Studio	10

Classes are First Come First Served.
 Drop-in or use a Fitness Class Pass.
 Drop-in Rate: \$11 Non-Member/\$7.15 Member

Visit ykfitness.org or call 543-0390 for details or to purchase your Fitness Class Pass.



playeveryday.alaska.gov

