



Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

Important Links

- [YKFC](#)
- [City of Bethel](#)
- [Bethel, AK Local News](#)
- [Yukon-Kuskokwim Health Corporation](#)
- [State of Alaska Covid-19](#)
- [CDC](#)

Facility Updates

The facility is currently closed to the public.

Memberships are on hold and will be reactivated when the facility re-opens.

Keeping Up With YKFC

Stay up to date by following us on [Facebook](#)

Welcome, 2021!

Whew, what a year it's been! To say that we're excited for 2021 would be an understatement. But, you know what they say— it all makes you stronger. And the YK Delta is one strong community that's ready for an exciting new year. It's important to remember that we can't go back to 'normal' overnight, but we can start working our way there. That's exactly what we're doing here at YKFC. We can't wait to welcome everyone back, safely. We'll be ready to start opening in phases as soon as it's safe. We hope everyone has a happy and socially distanced New Year's Eve and we'll see you in 2021.

We're already excited about this year and everything we will be offering. [Our first fitness challenge of 2021 starts on January 4 and registration is open now!](#)



Let the season's snow guide your activities and adventures with these snow inspired options.



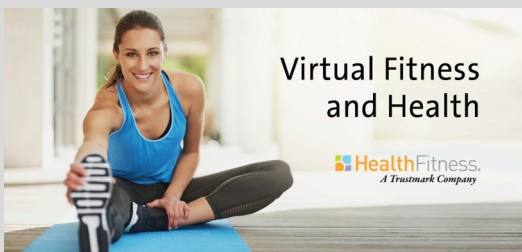
January is a popular diet season, make sure you know how to avoid the "fad" and the "bad".



Exercise can help boost your immune system and help you fight COVID-19. Stay healthy with regular exercise.



Virtual Fitness and Health



Keep up with your home workouts with virtual fitness classes continuing into 2021.

[Find Classes Here](#)

Strengthen Up

We're starting 2021 strong with a brand new fitness challenge! Strengthen Up is a six week program that delivers weekly workouts and assessments, challenging you to build your strength and stamina each week. Invite your friends and challenge each other to workout everyday and beat your results from the previous week. We'll provide the workouts and tracking, you provide the strength.

To join the challenge simply email us your signed waiver. After that, we'll email you the assessment and tracking information. Weekly you'll submit if you're seeing improvements in your strength and stamina.

Ready to sign up? Email your [waiver](#) to ykfc@cityofbethel.net

Want to know more or unsure how to sign the waiver? Visit our [website](#).



2020 YK Delta Lifesavers Cookie Extravaganza!

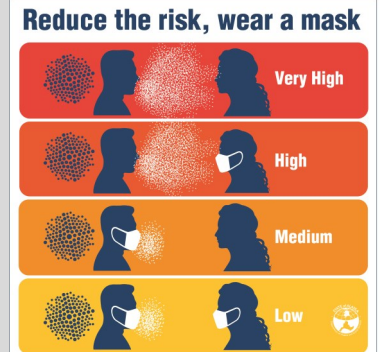
Social distancing couldn't stop the festivities and holiday cheer of the Annual Cookie Extravaganza. More than 40 bakers donated over 200 lbs. of cookies and sweets. The pre-packaged cookie boxes sold out and raised over \$2,000 for the YK Delta Lifesavers Fund!

Didn't get a chance to support the YK Delta Lifesavers this year? Donations can be submitted through the [Bethel Community Services Foundation](#).



Company Partnerships:

YKFC maintained eight company partnerships with local businesses in 2020. Through these partnerships and memberships we're able to offer a variety of options to employers who want to help their teams be healthy and happy. Interested in adding your company to the list? Contact: ykfc@cityofbethel.net



Yukon-Kuskokwim Fitness Center www.ykfitness.org 543-0390 267 Akiachak Dr, Bethel AK 99559

