

Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

January 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.

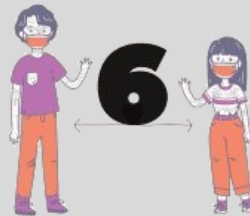
Keeping Up With YKFC

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

Swim Lessons

Start 2022 with swim lessons! Classes are available for fully vaccinated patrons ages 5+. Preschool through intermediate level classes are currently offered. If you aren't sure which class is best for you, take our [swim class questionnaire](#). Swimmers should arrive with a non-cotton swim suit they are comfortable in and a designated face mask. Face masks are required at all times unless showering or swimming in the pool. Goggles are not required, but swimmers are welcome to bring them. Through generous support from the YK Delta Lifesavers and the American Red Cross we are able to offer these classes at a significant discount, prices range from \$10-\$25! For more information please visit: <http://www.ykfitness.org/aquatics>

To register please call: (907) 543-0390



January 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

Memberships

Memberships are the most convenient and affordable way to visit the YK Fitness Center. Members are able to quickly check-in at the front desk and easily make pool reservations using their YK Fitness Center account. We offer several membership options and varieties. Memberships are available for the pool, the fitness areas, or both. If you regularly use one or more areas of the YK Fitness Center you'll save time and money by signing up for a membership. The most cost effective membership is an annual membership which gives you unlimited access to the facility for one year. We also offer monthly memberships. We're very excited to begin offering auto-renewal memberships. Avoid getting stuck with an expired membership and no wallet by opting for our auto-renew feature when you activate your YK Fitness Center monthly membership.

More information: <http://www.ykfitness.org/membership-2>



Sponsored by:



Group Fitness Classes

We offer a variety of group fitness classes Monday-Saturday, both in the morning and in the evenings. Classes are offered in the Studio and the Swimming Pool. Group Fitness classes are a great to explore new workouts guided by a trained instructor. They're also a great way to have fun with your fellow gym go-ers! Our class schedules can be found on the website, facebook page, and posted in the building.



(Pictured: Cardio Boxing Class, Tuesdays at 6pm)

Locker Rentals

The YKFC locker rooms offer a variety of locker rental options to fit everyone's needs. Day lockers are available for use at no charge. All we ask is that your items leave with you at the end of your visit and you leave the locker as clean as you found it. Tired of carrying your gym bag back and forth? Lockers are available for longer term rentals. Lockers may be rented on a monthly or annual basis. All locker usage and rentals are subject to availability.

Visit the front desk to ask about locker rentals today!

Group Fitness Classes



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

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

