



The Yukon-Kuskokwim Fitness Center Weekly Buzz

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](#)

Facility Updates

We know you're eager to come back and we're eager to invite you back, but the safety of our community and staff members is our first concern. At this time, we will remain closed to the public. We are regularly communicating with the City of Bethel and the YK Health Corporation about conditions in Bethel and will open as soon as it is safe for the community.

For now, the best thing everyone can do to help us re-open is to help slow the spread of COVID-19. Wear a mask, wash your hands, limit your interactions with those not in your household, and remain at least six feet from others while in public spaces.

When we have re-opening information and policies we will share these updates with everyone. Please check our [Facebook](#) or [sign up for our emails](#) to be in the know!

Strengthen Up

It isn't too late to join our first fitness challenge of 2021! We started Strengthen Up on January 4, but we're always happy to welcome more fitness lovers to the group. This challenge provides different workouts each week and the opportunity to track progress over six weeks. We're accepting registrations through Monday, 1/11/21.

[Ready to join?](#)

Finding Calm in Chaos

We are living in a very chaotic time and it's easy to get swept up in daily stresses, work pressures, and current affairs. The vital benefits of taking just a few moments a day to take a deep breath, go for a walk, or call a friend cannot be overstated. Your mental health deserves just as much 'fitness' as your physical health does! We'll keep sharing our favorite mental health tips on our [website](#).

Connect with Us

What content do you want us to share? Our goal is to help you live your best life so we're asking what content would be the most motivating and helpful for you.

Let us know by submitting your content ideas through our [website form](#).

*We can't follow through with every suggestion but we'll do our best to cover as many content requests as we can.