The Yukon-Kuskokwim Fitness Center Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

January 21, 2021

Important Links

YKFC

City of Bethel

KYUK—Bethel, AK Local News

State of Alaska Covid-19

CDC

Yukon-Kuskokwim Health Corporation

Facility Updates

Monday-Friday: 5:30am-9:00pm, Saturday 10am-9pm, Sunday: Closed.

Please check our website for a complete facility schedule and operating procedures.

Memberships are on hold and will be reactivated as patrons return to the facility.

Group Fitness

Group Fitness classes are offered weekly! Space is limited, masks and social distancing are required. For more information visit: http://www.ykfitness.org/group-fitness

Group Fitness Classes

If your New Years resolutions involve spending more time in the gym (or even if they don't) this is a great time to try some of our group fitness classes! Classes are offered Monday-Saturday in our Studio and Pool. With a mix of fast paced cardio and lower impact classes there is something for everyone! Class passes can be purchased in a bundle or if you aren't ready to commit to a bundle, single passes can also be purchased. Patrons with active YKFC memberships receive a discount on class passes. Class passes are valid for all of our Group Fitness Classes so if you want, you can get a bundle and try them all! Our Group Fitness Class schedule can be found on our website, Facebook, and in the building. If you have any questions about our classes or schedule stop by the Front Desk anytime!

http://www.ykfitness.org/group-fitness

Lifeguard Training

February lifeguard training will begin Saturday, February 12 at 12pm!

Classes will be Saturday and Sunday February 12, 13, 19, 20, 12pm-7pm. Participants will complete an online course and in-person, hands on training at YKFC. For more information please visit: http://www.ykfitness.org/certifications

Wednesdays Teens Swim FREE!

Covid-19 Reminder

If you are feeling sick please stay home!

Please keep the safety of our patrons and staff members in mind when making your plans to come to the YK Fitness Center.

STAY HOME IF YOU FEEL SICK