



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

June 4, 2021

### 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.

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 Monday-Friday! Space is limited, face mask policy applies. For more information visit: <http://www.ykfitness.org/group-fitness>

### Maintaining Healthy Habits: Focus on what you can control

Maintaining healthy habits is not about having the most strict morning routine, meal plan, or schedule of weekend activities. It's about finding what makes you feel the healthiest and happiest and making the steps that got you there a priority. Instead of trying to manage every aspect of your life focus on what you can control. You can't control the weather or other people, but you can control things like your nightly pre-bed routine and sticking with a yoga class.

Starting with one or two habits and sticking with them will give you a good foundation to start adding additional habits to your routine without getting overwhelmed. It might seem too small and simple but focusing on a few key elements will help you feel less stressed and prepared for whatever your day brings.

### Swim Lessons

Group swim lessons are still paused due to covid-19 regulations, but we are excited to begin offering private and family swim lessons. We have limited availability for these exclusive swim lesson opportunities. Private swim lessons are for just one swimmer while family lessons are for any combination of family members over age 5. At least one adult will need to be in the water to provide hands on assistance for swimmers under the age of 8 or any swimmers who are extremely hesitant. Due to covid-19 instructors are not able to provide hands on instructing at this time.

For more information or to request a private or family swim lesson visit: <http://www.ykfitness.org/aquatics>

### Summer 2021 Pool Membership Special

Ready to spend the summer in the pool? We're offering a special pool membership from Memorial Day to Labor Day for only \$99 for adults and only \$69 for youth and senior. This isn't a deal you'll want to miss!

Get yours now: <http://www.ykfitness.org/membership-2>