



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

June 11, 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: Finding Your Support System

Research has shown time and time again that having a support system when you're building a new routine or setting new goals increases the likelihood of reaching those goals. Your health and wellness support system can come in many different shapes and sizes. Sometimes you need someone who will push you to workout when you'd rather nap or a friend who will skip the afternoon soda with you. To find your support system start by identifying what type of support will help you reach your goals. Do you need someone to go to Zumba class with you or someone to take your kids for an hour so you can meditate without interruption? Once you've identified what type of support will help you reach your goals you can start enlisting help from your loved ones and gym peers.

### Lifeguard Training

We're hiring certified lifeguards and offering lifeguard training! Blended learning course begins June 27th, in-person classes meet July 5th-8th.

Are you:

- At least 15 years old
- A strong swimmer
- Ready for a fun and rewarding job

For more information: <http://www.ykfitness.org/certifications>

### 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>

