

# Yukon-Kuskokwim Fitness Center

SAFETY \* WELLNESS \* COMMUNITY

November 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

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

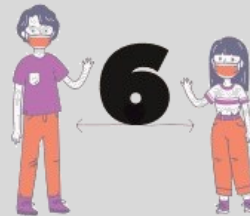
Stay up to date by following us on [Facebook](#)

## Healthy for the Holidays

This month we'll kick off our 'Healthy for the Holidays' program. This program will deliver hearty recipes to keep you going all day, workouts you can do anywhere, stretches to keep you feeling good, mindfulness exercises to promote inner peace, activities for the whole family, and some fun challenges. This year we want everyone to feel great during the holiday season and have fun with fitness. November 22-January 5 we'll be sharing our favorite ways to have fun and be healthy throughout the holidays. Join us by following along on Facebook and signing up for our emails. We'll share more details throughout November.

[YKFC Facebook](#)

[YKFC Email Sign-Up](#)



## November 2021 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

## Saturday Market

We had so much fun at the October Saturday Market we've decided to continue going! You can catch us at the Saturday Markets offering memberships, gift certificates, and special gifts. Stop by and say hi!

## Holiday Gifts

Give your loved ones the gift of health this year with a membership to the YK Fitness Center. We have gift certificates and passes available for purchase at the

## Holiday Hours

To give our team members a chance to spend some quality time with their families we will have special hours on the upcoming holidays.

Thanksgiving Day, 11/25: CLOSED

Day After Thanksgiving, 11/26: Open 2pm-9pm



## Lifeguard Training

We're offering Lifeguard Training this November! All participants must be able to pass an initial swim test and be available for classes November 19 & November 26-28. For more information or to sign up

please visit:

<http://www.ykfitness.org/certifications>

## Scarecrow Hunt

Take your family on a Scarecrow Hunt this Halloween! The City of Bethel is hosting a Scarecrow Hunt this weekend. Maps will be available on Friday, October 29. Make sure you stop by the Fitness Center to see our scarecrow! More information: [Bethel Scarecrow Hunt](#)



Sponsored by:



## Group Fitness Classes



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

Yukon-Kuskokwim Fitness Center [www.ykfitness.org](http://www.ykfitness.org) 543-0390 267 Akiachak Dr, Bethel AK 99559

