



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

November 12, 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 weekly! Space is limited, masks and social distancing are required. For more information visit: <http://www.ykfitness.org/group-fitness>

### Healthy for the Holidays

Our holiday health and wellness program, Healthy for the Holidays, begins November 22! Each week we'll share different health and wellness topics, activities, and challenges. At the end of each week participants will have the opportunity to reflect on the past week's challenge and theme through a short survey. This program is free and available to all Bethel community members!

Sign up today: [Healthy for the Holidays Registration](#).



### Holiday Hours

We will be closed on Thanksgiving,  
Thursday, November 25.

Friday, November 26 we will be open  
2pm-9pm.



### Lifeguard Training

There's still room in the November Lifeguard Training. Training will start on November 19. For more information on the course please visit: [Certifications — YK Fitness Center](#)

Already certified and want to apply?  
View our open positions:  
[YK Fitness Center Employment](#)