

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

Facility Hours

Effective September 2nd, 2017

Monday-Friday: 5:30am-9:00pm

Saturday, Sunday: 10:00am-9:00pm

Pool Closes at 8:30pm all days.

October 2019

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Keep It Neat!



Indoor Shoes ONLY

Remove or Cover all shoes that have been worn outside.

Thank you for helping keep our facility clean.

Please help us **stop the dirt at the door** by either removing or covering outside shoes at the entrance.



If you are using the equipment in the fitness center or working out in the studio, **please bring a clean pair of "indoor" shoes** to use inside the facility. This significantly prolongs the life of our equipment.

Thank you for helping us keep the facility and equipment clean.



Happy Halloween

JOIN US FOR OUR SPOOKTACULAR HALLOWEENAVERSARY

at the YK Fitness Center

Saturday, November 2nd 4:30pm-8:30pm

Fun, Games and Crafts from 4:30-7pm,

Costume Parade at 5:30pm

Spooky Swim from 6:30-8:30pm

Family Friendly Event; NO Drugs or Alcohol Allowed

For more info call (907) 543-0390 or visit www.ykfitness.org

Free entry for Games, Crafts, and Costume Parade
Some Games may require tickets: \$1 each
Spooky Swim requires pool admission, YK Lifesavers are sponsoring 1/2 Price admission

Registration is now open for Fall 2 classes

Anti-Bullying and Self-Defense

*Stop the Bullying!
Get in Shape, learn your self-worth, and Be prepared!*

Ages 7+

Intro to Salsa Dancing

Dance Class that will Teach Fundamentals of Salsa.

Ages 16+

Partners and Shoes **not** required

Youth Boxing

Class that will Teach Fundamentals of Boxing.

Ages 6+

Women's Empowerment and Self-Defense

Be prepared, get healthy, and learn to defend yourself.

Ages 12+

smartfitgirls™

Open to Girls Ages 11-14 years

See page 6 for swim lessons

Parent & Toddler Move It Time

Saturdays, 3:00-4:00pm

October 5th - October 26th

Toddlers Age 18-36 Months

(each toddler must be accompanied by an Adult)

Adults are expected to lead & participate with their toddler.

PFD Specials on Page 2

Get the best prices of the year!



Invest in your health and wellness with a membership!

PFD Early Bird Special Buy 3, Get 1 FREE Save up to \$770

Details:

- Available Sept 30th–Oct 4th
- Valid on Family Annual Memberships only
- Purchaser must buy all memberships at the same time
- The Free membership is the membership of the lowest cost
- Free membership cannot be applied to the same person to extend the membership period
- Valid on Family Membership Rates but **cannot be combined** with other discounts.
 - YKHC patrons should contact their HR department and take advantage of the payroll deduction sign up going on right now.

Membership benefits include:

- Year round access for almost 100 hours per week.
- Discounts on classes
- Free Member Activities

Join today to get the lowest rates of the year!

Family Annual	Pool OR Fitness	Pool AND Fitness
Adult	\$560	\$770
Youth	\$280	\$450
Senior	\$235	\$410
Military	\$375	\$545



PFD SALE!

October 5th - October 31st
10% off Monthly Membership
20% off Annual Membership

Members get 35% off classes!

SAVE \$182!!

Adult:	Monthly:	Pool <u>or</u> Fitness \$66 \$60	Both \$90 \$81
	Annual:	Pool <u>or</u> Fitness \$660 \$528	Both \$905 \$724
Youth	Monthly:	Pool <u>or</u> Fitness \$33 \$30	Both \$55 \$50
	Annual:	Pool <u>or</u> Fitness \$330 \$264	Both \$530 \$424
Seniors (60+)	Monthly:	Pool <u>or</u> Fitness \$28 \$25	Both \$50 \$45
	Annual:	Pool <u>or</u> Fitness \$275 \$220	Both \$480 \$384
Military (with ID)	Monthly:	Pool <u>or</u> Fitness \$44 \$40	Both \$55 \$50
	Annual:	Pool <u>or</u> Fitness \$440 \$356	Both \$640 \$512

Call 543-0390 or visit ykfitness.org and get the **best rates of the year!**

Purchase 3 or more memberships and save an additional 10% on each membership!





Sports Club 2019/20 Academic School Year

The YKFC Sports Club is an activity program for youth ages 5-13 years.

October- Friday, October 18th.

November- Friday November 22nd

December- Monday December 23rd, Tuesday December 24th,
Friday December 27
Monday December 30th, Tuesday December 31st,
Thursday January 2nd, Friday January 3rd

March- Thursday March 5th, Friday March 6th
Monday March 9th through Friday March 13th

Schedule:



- Morning Session 8am-12:30pm
- Afternoon Session 1:00pm-5:30pm



Participants may sign up for mornings, afternoons or both. Participants registered for both morning and afternoon sessions stay at the facility between sessions and should bring lunch.

Activities: during both morning and afternoon sessions participants will engage in:

- Swim Time
- Sports Time
- Relaxation Time
- Knowledge Time

Fees: All participants must be registered members of 4H Alaska and show their 4H card at registration

\$30 per session/per participant (morning and afternoon are separate sessions)

Discounts available for full week registration, see pricing page for specifics.



Yukon-Kuskokwim Fitness Center

October 2019 Group Fitness

<p>Anti-Gravity</p>	<p><u>Anti-Gravity</u>- Class on Oct. 2, Oct. 9, Oct. 23, and Oct. 30. Wednesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Kevin</i></p>	<p>Member Fee-\$17 Non-Member Fee-\$26</p>
<p>Bootcamp</p>	<p><u>Bootcamp</u>-Class on Oct. 7 and Oct. 28. Mondays 6:30-7:30pm in the YKFC Fitness Studio</p> <p><u>Bootcamp</u>-Class on Oct. 4 and Oct. 25. Fridays 6:00-7:00am in the YKFC Fitness Studio <i>With Kevin</i></p>	<p>Member Fee-\$9 Non-Member Fee-\$13</p> <p>Member Fee-\$9 Non-Member Fee-\$13</p>
<p>Cardio Boxing</p>	<p><u>Cardio Boxing</u>-Class on Oct. 7, Oct. 14, Oct. 21, and Oct. 28. Mondays 7:45-8:45pm in the YKFC Fitness Studio <i>With Gabby</i></p>	<p>Member Fee-\$17 Non-Member Fee-\$26</p>
<p>Cycling/Recovery</p>	<p><u>Cycling/Recovery</u>-Class on Oct. 3, Oct. 24, and Oct. 31. Thursdays 6:45-7:45pm in the YKFC Fitness Studio Cycling for first 40 minutes- Recovery for last 20 min. <i>With Rose/Kevin</i></p>	<p>Member Fee-\$13 Non-Member Fee-\$20</p>
<p>Yoga</p>	<p><u>Yoga</u>-Class on Class on Oct. 6, Oct. 13, Oct. 20, Oct. 27. Sundays 1:00-2:00pm in the YKFC Fitness Studio <i>With Janessa</i></p>	<p>Member Fee-\$17 Non-Member Fee-\$26</p>
<p>Master's Swim</p>	<p><u>Master's Swim</u>-Class on Oct. 1, Oct. 3, Oct. 8, Oct. 10, Oct. 15, Oct. 17, Oct. 22, Oct. 24, Oct. 29, and Oct. 31. Tues./Thurs. 6:00-7:00am in the YKFC Pool <i>With Renee</i></p>	<p>Member Fee-\$43 Non-Member Fee-\$65</p>
<p>Water Aerobics</p>	<p><u>Water Aerobics</u>- Class on Oct. 7, Oct. 21, and Oct. 28 Mondays 10:00-11:00am in YKFC Pool</p> <p><u>Water Aerobics</u>- Class on Oct. 2, Oct. 23, and Oct. 30. Wednesdays 10:00-11:00am in YKFC Pool</p> <p><u>Water Aerobics</u>- Class on Oct. 4 and Oct. 25. Fridays 10:00-11:00am in YKFC Pool <i>With Stacey</i></p>	<p>Member Fee-\$13 Non-Member Fee-\$20</p> <p>Member Fee-\$13 Non-Member Fee-\$20</p> <p>Member Fee-\$9 Non-Member Fee-\$13</p>
<p>Zumba</p>	<p><u>Zumba</u>-Class on Oct. 1, Oct. 8, Oct. 15, and Oct. 29 Tuesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Anna Rose</i></p>	<p>Member Fee-\$17 Non-Member Fee-\$26</p>



Yukon-Kuskokwim Fitness Center

Fall II, 2019 Instructional Programs

Oct. 19-Dec. 20th (8 Week Session, See class details for specific dates)

<p>Anti-Bullying and Self-Defense</p> <p><i>Stop the Bullying! Get in Shape, learn your self-worth, and Be prepared!</i></p> <p>Ages 7+</p>	<p><u>Anti-Bullying and Self-Defense</u> (8-week session 1x a week) Saturdays- 4:00-5:30pm in the YKFC Exercise Room Class on Saturday October 19, October 26, November 9, November 16 November 23, November 30, December 7, and December 14. <i>With Warren</i></p>	<p><i>Member Fee-\$41 Non-Member Fee-\$62</i></p>
<p>Intro to Salsa Dancing</p> <p><i>Dance Class that will Teach Fundamentals of Salsa.</i></p> <p>Ages 16+</p> <p>Partners and Shoes <u>not</u> required</p>	<p><u>Introduction to Salsa Dancing</u> (6-week session 1x a week) Wednesdays 7:45-8:45pm in the YKFC Exercise Room Class on Wednesday October 23, October 30, November 6, November 13, November 20, December 4, December 11, and December 18. <i>With Richard</i></p>	<p><i>Member Fee-\$36 Non-Member Fee-\$54</i></p>
<p>Youth Boxing</p> <p><i>Class that will Teach Fundamentals of Boxing.</i></p> <p>Ages 6+</p>	<p><u>Youth Boxing</u> (6-week session 1x a week) Tuesdays 5:15-6:00pm in the YKFC Exercise Room Class on Tuesday October 29, November 5, November 12, November 19, November 26, December 3, December 10, and December 17. <i>With Gabby</i></p>	<p><i>Member Fee-\$41 Non-Member Fee-\$62</i></p>
<p>Women's Empowerment and Self-Defense</p> <p><i>Be prepared, get healthy, and learn to defend yourself.</i></p> <p>Ages 12+</p>	<p><u>Women's Empowerment</u> (8-week session 1x a week) Saturdays- 5:30-7:00pm in the YKFC Exercise Room Class on Saturday October 19, October 26, November 9, November 16, November 23, November 30, December 7, and December 14. <i>With Warren</i></p>	<p><i>Member Fee-\$41 Non-Member Fee-\$62</i></p>
<p>Parent & Toddler Move It Toddlers age 18-36 months</p> <p><i>Each toddler must be accompanied by an adult who will participate with them</i></p>	<p>Saturdays, 3:00-4:00pm October 5th - October 26th</p>	<p>FREE</p>
<p>smartfitgirls™</p> <p>Open to Girls Ages 11-14 years</p>	<p>Dates: September 16th – November 20th Days: Mondays and Wednesdays Times: 5-7pm</p>	<p>FREE</p>

Instructional Programs

Instructional classes offer progressive development of skills and techniques and require registration at the beginning of the session. Drop in is not available for these classes.

09/29/2019





Swim Lessons: Fall 2, 2019



Classes Meet October 21 st – December 19 th (unless otherwise listed) Registration Begins October 1 st				Rates	
AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Member	Non Mem
4-5 years	Preschool 1	Wednesdays 5:30-6:00p With Elizabeth Ends Dec 11	Swimmers entering this class must be at least 4 years old on the first day of class. Swimmers not fully toilet trained must wear swim diaper with a tight fitting cover over the diaper.	\$35	\$53
	Preschool 2	Wednesdays 6:05-6:35p With Elizabeth Ends Dec 11	Swimmers entering this level must be at least 4 years old on the first day of class, should be willing to put their face in the water and/or fully submerge their head with minimal assistance. They should also be willing to float on their back with ears in the water with support. Swimmers not fully toilet trained must wear swim diaper with a tight fitting cover over the diaper.		
6+ years	Level 1	Thursday 6:00-6:45p With Ali Skip 11/28	Level 1 will help students feel comfortable in the water and learn basic swimming and safety skills that they will build on as they progress through the Learn to Swim program. Topics covered at this level include: airway control, floating with support on front and back, underwater exploration, kicking with support, entering and exiting the water safely and changing body positions in the water. Swimmers entering this class must be at least 6 years old on the first day of class.	\$41	\$62
	Level 2	Thursday 6:50-7:35p With Ali Skip 11/28	Swimmers entering this level should be comfortable putting their face in the water and fully submerging underwater without assistance. Swimmers should be able to float with minimal assistance on front with face in the water and on back with ears in the water and be ready to attempt these skills without support. Swimmers entering this class must be at least 6 years old on the first day of class.		
	Level 3	Sundays 11:30-12:15p With Chris	Swimmers entering this level should be comfortable under the water, be able to float on front and back without support for 10-15 seconds, be able to swim 5-10 yards on front and on back and be ready to begin attempting skills in deep water. Swimmers entering this class must be at least 6 years old on the first day of class.		
	Level 4	Sundays 12:20-1:05p With Chris	Swimmers entering this level should be able to swim 15-20 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 5-10 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 1 minute.		
	Level 5	Wednesdays 5:30-6:15p With Sarah Ends Dec 11	Swimmers entering this level should be able to comfortably swim 25 yards each of Front Crawl with side breathing, Backstroke and Elementary Backstroke. They should be able to swim 15-25 yards each of Breaststroke, Sidestroke and Butterfly, be very comfortable in deep water and able to tread water for 2 minutes.		
	Nequarpak Swim Club	Tuesdays 5:30-6:30pm With Sarah Ends Dec 10	For swimmers familiar with the 4 competitive swim strokes. Swimmers entering this class should be able to complete at least 50 yards of freestyle, 50 yards of backstroke and 25 yards of either breast stroke or butterfly. They should be comfortable in deep water.	\$50	\$75
16+	Adult Basic	Mondays 5:30-6:30p With Sarah Ends Dec 9	Learn basic swimming and water safety skills. No previous swimming experience needed. Class will progress through swim skills based on participant skill and interest level.	Advanced Swimmers see our Masters Swim Class on the Group Fitness Schedule	

*Participants must meet minimum age requirements by first day of class. See class descriptions for details.

**The YK Delta Lifesavers provides Scholarships for students to participate in swim lessons.
Contact Bev Hoffman at 545-4499 or Kathy Hanson at 545-0909 to apply.**



Updated 9/26/19



STUDY FINDS CONNECTION BETWEEN PHYSICAL FITNESS AND BRAIN HEALTH

A new **study** in the journal *Scientific Reports* suggests that one of the best ways to preserve brain health is to stay physically fit. The study authors tested 1,200 adults between the ages of 20 and 59 on a series of brain exercises designed to test memory, sharpness, judgment, and accuracy. They also assessed cardiovascular fitness with a speed-walking trial, and all participants also underwent brain scans. The goal of the study was to analyze the connection between brain health and physical fitness.

Study participants who moved faster and farther on the walking test also performed better on the brain exercises than less-fit participants. The fitter subjects also had healthier nerve fibers across the white matter portion of their brains, which is crucial for neural communication.

The Exercise/Brain Connection

Researchers suggest a variety of reasons for the improved brain function among physically fit adults. First, physically fit people may have lower levels of inflammation, better nerve-fiber insulation, and better growth across nerve cells and connections. It's also possible that physically active people just have more blood flow to the brain.

Dr. David Knopman, a professor of neurology at the Mayo Clinic, was not part of the study team. He agrees, however, that improved vascular health could account for some of the differences between the physically fit and less-fit study participants. Knopman also suggests that physical fitness and a habit of regular exercise may indicate a general pattern of healthy habits and behaviors that lead to improved brain health.

When Is It Too Late?

This study prompts the question, when is it too late to improve brain health? The short answer is that it's never too late to start exercising—for a variety of reasons. Even people who start exercising late in life can reap the benefits of cardiovascular, strength, and flexibility training. One **study** compared “master athletes” in their 70s and 80s to sedentary participants of similar age. The study found that “both groups had an equal capacity to build muscle in response to exercise.”

But what about brain health? Can starting an exercise program late in life improve cognitive function and memory—even after signs or symptoms of dementia appear? Promising new research suggests that yes, it's possible exercise could postpone or slow down brain deterioration that comes with dementia and Alzheimer's disease.

One **small trial** of 70 participants with an accumulation of amyloid beta in the brain showed that degeneration slowed in participants who engaged in regular aerobic exercise for one year. Another **study** looked at adults who had parents with probable Alzheimer's dementia. Some of the older adults in the study already showed a decrease in cognitive function and increase in biomarkers of the disease, but those effects were significantly weaker among adults who reported engaging in regular exercise.

Read the full study at <https://www.nature.com/articles/s41598-019-49301-y>



October 2019 Pool Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	CLOSED	CLOSED
6:00-6:30a	6 Lap	3 Lap/ 3 Masters	6 Lap	3 Lap/ 3 Masters	6 Lap		
6:30-7:00a	2 Lap/ 4 BRHS	2 Masters/4 BRHS	2 Lap/ 4 BRHS	2 Masters/4 BRHS	2 Lap/ 4 BRHS		
7:00-7:30a							
7:30-8:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap		
8:00-9:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap		
9:00-10:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap		
10:00-11:00a	2 Lap/4 WX	4 Lap/2 Rec	2 Lap/4 WX	4 Lap/2 Rec	2 Lap/4 WX	6 Lap	6 Lap
11:00a-12:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	6 Lap	4 Lap/ 2 Class
12:00-1:00p	3 Lap/3 Rec	3 Lap/3 Rec	2 Lap/4 GJE Swim Class 12:45-1:45p	3 Lap/3 Rec	3 Lap/3 Rec	6 Lap	
1:00-2:00p	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
2:00-2:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
2:30-3:00p	2 Lap/4 JR High Swim Class 2:45-3:45p				3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
3:00-3:30p					3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
3:30-4:00p					3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
4:00-4:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
4:30-5:00p	2 Lap/2 Rec/2 BRHS				3 Lap/3 Rec	3 Lap/3 Rec	
5:00-5:30p					3 Lap/3 Rec	3 Lap/3 Rec	
5:30-6:00p	2 Lap/ 2 Rec/ 2 class	2 Lap/ 2 Rec/ 2 class	2 Lap/ 2 Rec/ 2 class	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
6:00-6:30p				3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
6:30-7:00p				3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
7:00-7:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	Water Polo/ Rec Swim	3 Lap/3 Rec	3 Lap/3 Rec
7:30-8:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec
8:00-8:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec
8:30-9:00p	Closed						

Lap swimmers are expected to share lanes and circle swim when multiple swimmers are present.

Schedule subject to change without notice

October 2019 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	Closed
6:00-7:00a					Bootcamp		
7:00-8:00a							
8:00-9:00a							
9:00-10:00a							
10:00-11:00a							
11:00a-12:00p							
12:00-1:00p							
1:00-2:00p							YOGA
2:00-3:00p							
3:00-3:30p						Parent Toddler Move It Time	
3:30-4:00p							
4:00-4:30p						Anti-Bullying & Self Defense	
4:30-5:00p							
5:00-5:30p	Smart Fit Girls	Youth Boxing 5:15-6:00p	Smart Fit Girls			Women's Empowerment & Self Defense	
5:30-6:00p							
6:00-6:30p							
6:30-7:00p	Bootcamp	Zumba	AntiGravity	Cycling 645-745p			
7:00-7:30p							
7:30-8:00p	Cardio Boxing 7:45-8:45p		Intro to Salsa 7:45-8:45p				
8:00-8:30p							
8:30-9:00p							

Check the Weekly Schedule for class occurrences on specific dates.

Schedule subject to change without notice

