



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

October 15, 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>

### PFD Membership Special

This year's PFD membership special is the best yet! We're offering 50% off annual memberships and 25% off a single month. For this limited time only you can get an Adult Pool & Fitness Membership for only \$453. If you've been debating getting a membership, now is the time to make the leap! This special rate is only available October 18-30.

Visit <http://www.ykfitness.org/membership-2> for more information



### Group Fitness

Afternoon group fitness classes are back! Join us for Cycling, Cardio Boxing, and Yoga in the Studio this week.

Zumba will be Saturday, October 23 at 11:45am.

Water Aerobics is Wednesdays at 10am.

Full Group Fitness Schedule: <http://www.ykfitness.org/group-fitness>



### Lifeguard & Swim Instructor Classes

Looking for a fun, flexible job with great benefits? Join our team!

Swim Instructor class starts next week, Sunday October 24th and Lifeguard Training starts November 19th.

Visit <http://www.ykfitness.org/certifications> for details.