

Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

September 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

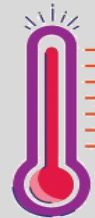
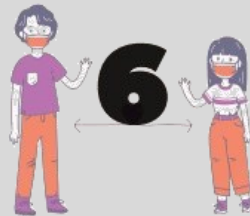
Stay up to date by following us on [Facebook](#)

2021 Bethel Community Fair

The 2021 Bethel Community Fair will take place Friday and Saturday, September 3-4 at the Cultural Center and Lion’s Club Park. The YK Fitness Center will be at Lion’s Club Park Saturday 1pm-5pm with contests, games, and activities for all ages. We can’t wait to see everyone there! For more information visit:

[2021 Bethel Community Fair.](#)

Volunteers needed! We need volunteers to help with the YK Fitness Center setup and activities and general Fair volunteers. YK Fitness volunteer opportunities available 12pm-5:30pm Saturday, for more information on volunteering with us email Kerri at Kerri.Donnely@hfit.com. To volunteer with the Fair call 543-4516.



September 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

National Yoga Month

September is National Yoga Month! Celebrate National Yoga Month by joining one of our yoga classes or stopping by our studio anytime for solo practice. Yoga is a great way to increase balance, improve flexibility, and relieve stress. Plus, it's fun! We have yoga classes on Thursday evenings with Liz and Saturday mornings with Kylie. Want to know more?

[Johns Hopkins 9 Benefits of Yoga](#)

[Healthline 13 Benefits of Yoga](#)

[Yoga with Adriene, Yoga for Beginners](#)

[Very Well Fit Yoga Poses](#)



Happening This Month



Labor Day

Monday, September 6 we will be open 2pm-9pm. Make your pool reservations now! Reservations can be made by calling us at 543-0390 or online:

[YKFC Pool Reservations.](#)

Lifeguard Training

We will be offering Lifeguard Training and Certification on Sundays, September 12-26, 10am-6pm. For more information visit: <http://www.ykfitness.org/certifications> or email Stacey at Stacey.Reardon@hfit.com.

Group Fitness Classes



Group Fitness Classes are offered Monday-Saturday.

View our full schedule [here](#).

Yukon-Kuskokwim Fitness Center

www.ykfitness.org

543-0390

267 Akiachak Dr, Bethel AK 99559

