



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

September 3, 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>

### Yoga Pose of the Week: Downward Facing Dog

To celebrate National Yoga Month we're sharing some of our favorite yoga poses. This week's pose the classic, OG pose that everyone has heard of. Downward Facing Dog has earned all of it's popularity by being a staple in many yoga practices. This pose is a great warm-up stretch, opportunity for resting, and transition pose. Highlighting the spine, hamstring, calf, and encouraging healthy digestion this simple pose should not be underestimated. As with any exercise you should always consult with a doctor before starting a new routine and ask your instructor for modifications if a pose isn't working for you.

Resources:

Downward Dog Modifications: [Healthline](#)

Downward Dog How To: [Healthline](#)

Downward Dog How To: [VeryWell Fit](#)

