



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

September 10, 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: Pigeon Pose

As someone who always benefits from a good hip stretch this week's yoga pose happens to be one of my favorites.

Pigeon Pose is a hip opening, forward bend that gives a great stretch through the back and thighs. For some this pose may help reduce back pain and aid with digestion.

There are three common variations and difficulty levels: Classic Pigeon Pose, Resting Pigeon Pose, and King Pigeon Pose.

A yoga instructor can guide you through these poses and the many benefits of each variation. There are also several common modifications to adjust this pose to everyone's needs and comfort levels using blocks and towels.

Pigeon Pose How To: [VeryWell Fit](#)

Pigeon Pose How To: [HealthLine](#)

Pigeon Pose Alternative, Reverse Pigeon: [VeryWell Fit](#)

