



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

September 17, 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: Tree Pose

If improving balance is one of your yoga goals then you'll want to give tree pose a try. This standing yoga pose activates your core, engages your focus, and requires a sense of humor. You'll start in mountain pose and transition to balancing on one leg. When you're first learning a pose like this remember to go easy on yourself and not get frustrated when you wobble. Picking a consistent spot to focus your eyes on may help maintain your balance. There are several variations and modifications to this pose so you can challenge yourself by raising your arms overhead or use the wall for a little extra support.

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

Tree Pose How To: [Healthline](#)

Tree Pose Modifications: [Yoga Journal](#)



**verywell**

**TREE POSE**

**TIP**  
Keep your shoulders down and away from your ears, and your hips squared.