



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

September 24, 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: Cat-Cow

This week we're highlighting the Cat-Cow stretch. This simple sequence gives a good stretch through the back making it a favorite of those with back pain. Matching slow, controlled breaths with the movement of your back offers as many stress relieving benefits as it does physical

benefits. If you're tight on space or if kneeling is bothering your knees this pose can also be done from a seated position in a chair. If you're finding that spending your days seated at a desk is taking a toll on your body incorporating some seated Cat-Cow stretches into your work day could offer some relief.

Cat-Cow How To: [VeryWell Fit](#)

Cat-Cow How To: [Healthline](#)

Stretches for lower back pain: [Healthline](#)

