

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



September 1st, 2020

Important Links

YK Fitness Center Website:

<http://www.ykfitness.org/>
<http://www.ykfitness.org/covid19>

City of Bethel Website:

<https://www.cityofbethel.org/>

Bethel, AK Local News:

<https://www.kyuk.org/>

Yukon-Kuskokwim Health Corporation

Website: <https://www.ykhc.org/>

State of Alaska COVID-19 Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

We appreciate your help to keep the facility safe so we can remain open for the community.

- If you are feeling sick, **please wait before visiting**. Call 543-6949 if you are experiencing COVID-19 symptoms.
- If you travel outside the Delta, or to any of the YK Delta villages with active COVID-19 cases **please do not visit the fitness center until after completing quarantine/testing**.
 - If you travel inside Alaska: quarantine for 14 days or test when returning to Bethel and isolate until you receive negative test results.
 - If you travel outside Alaska follow Alaska state guidelines <https://covid19.alaska.gov/travelers/>
- **Wear a Mask**: Everyone Age 2+ must wear a face mask for all activities except showering and swimming.
- **Keep your distance**: stay 6ft apart, 10ft while exercising
- **Wash your hands**

Instructional Classes

3Ts with Warren

3Ts is a new class developed by Sensi Warren Polk. In this class Warren will work with students to help them develop balance, coordination, and flow through a combination of movements from various martial art forms including JUDO, Tai Chi, and Jeet Kudo. Mastery of the movements in this course will improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing. This program has been adapted for social distancing, there will be no participant to participant or instructor to participant contact. Participants and Instructor will wear masks.

Fall 1 Session: September 13th – October 31st.

Youth Class: Age 7-15, 4:30-5:30pm Tuesdays or Saturdays

Adult Class: Age 16+, 5:30-6:30pm Thursdays or Saturdays

Register today ykfitness.org/instructional or call 543-0390. Participants may register for one class or both but may only attend the day registered for.



Exercise & COVID-19

Exercise helps boost your immune system which fights off infectious diseases like COVID-19

Exercise helps to prevent weight gain and is beneficial to adults who have chronic health conditions like diabetes

Exercise is a proven mood-booster that reduces stress and anxiety

Exercise improves sleep quality which helps to boost your immune system

Exercise is more important now than ever.
Visit ykfitness.org to see our options.