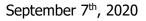
# Yukon-Kuskokwim Fitness Center

#### Safety. Wellness. Community



#### **Important Links**

YK Fitness Center Website: http://www.ykfitness.org/ http://www.ykfitness.org/covid19

City of Bethel Website: <a href="https://www.cityofbethel.org/">https://www.cityofbethel.org/</a>

Bethel, AK Local News: https://www.kyuk.org/

Yukon-Kuskokwim Health Corporation https://www.ykhc.org/covid-19/

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

## Instructional Classes Start Sept 13<sup>th</sup>

### **3Ts with Warren**

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 13<sup>th</sup> – October 31<sup>st</sup>.

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.









We hope everyone has seen the new city ordinances. If not click the picture to view. Our procedures here at the fitness center remain the same.

Everyone Age 2+ must wear a face mask for all activities except showering and swimming. Please wear your mask in locker rooms and on pool deck.

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 testing.** Remember to self-isolate while waiting for test results and if you experience any symptoms call the YKHC COVID-19 hotline at 543-6949.

Staying active can help prevent and control chronic conditions. Visit <u>ykfitness.org</u> to see how we can help.

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Health Fitness.

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