

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

Facility Hours

Effective September 2nd, 2017

Monday-Friday: 5:30am-9:00pm

Saturday, Sunday: 10:00am-9:00pm

Pool Closes at 8:30pm all days.



December 2019

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2019/2020 Holiday Schedule:

Christmas

Tues.-12/24, 5:30a-5:30p

Wed.-12/25, Closed

Thurs. 12/26, 2:00p-9:00p

New Year's:

Tues.-12/31, 5:30a-5:30p

Wed.-01/01, 2:00p-9:00p

Sport Club is offered on most school break days see page 2 for details.



Y/K DELTA LIFESAVERS 26th ANNUAL



CHRISTMAS COOKIE EXTRAVAGANZA SUNDAY, DECEMBER 15 2pm

YK Fitness Center

The Lifesavers are looking for Christmas cookie bakers.
 Contact: Bev Hoffman @ 543-3239 to donate 2-4-6 dozen of your favorite Christmas cookies. Quyana.

Help us Grow! Donate online at www.bcsfoundation.org, click on Donate Online & select Y/K Delta Lifesaver Fund.

Y/K Delta Lifesavers Mission Statement

To raise funds for the operation & maintenance costs of a community multipurpose gym and swimming pool facility, to seek funds for the construction of such a facility, to sponsor healthy activities for families with a strong emphasis on youth, to create awareness for positive parenting & the need for positive mentors/role models for area youth, to establish a volunteer force to enhance and assist youth and family programs already in place.

Now Hiring Certified LIFEGUARDS!

FREE Training At the YK Fitness Center

December

Thursdays, Dec 5th, 12th & 19th 5:30-9p,
 Sunday, Dec 8th 12-7pm & Dec 15th, 4-8p

Candidates must:

- Be at least 15 years old,
- Pass pre-course testing,
- Attend all classes,
- Complete Red Cross Registration (\$40)

Visit ykfitness.org to view a video of the pretest

Email questions to stacey.reardon@hfit.com or call 543-0390

Register online at ykfitness.org, at the YKFC desk or call 543-0390

Get certified and get a job!



Now Hiring:

Lifeguards: [Full](#), [Part](#) Time

[Head Lifeguard & Swim Instructor](#)

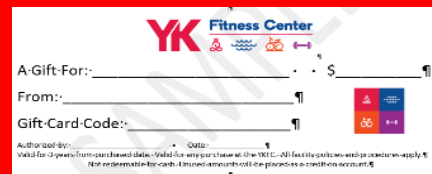
[Facility Attendant](#)

Click the positions above or visit our [employment page](#) to view open positions and to apply

Looking for a great gift?

Give a Fitness Center Gift Certificate!

Certificates can be purchased for any amount and applied toward any purchase at the Fitness Center.





Sports Club 2019/20 Academic School Year

The YKFC Sports Club is an activity program for youth ages 5-13 years.

December-

*Monday December 23rd, Tuesday December 24th,
Friday December 27*

*Monday December 30th, Tuesday December 31st,
Thursday January 2nd, Friday January 3rd*

March-

Thursday March 5th, Friday March 6th

Monday March 9th through Friday March 13th



Schedule:



- **Morning Session 8am-12:30pm**
- **Afternoon Session 1:00pm-5:30pm**

Participants may sign up for mornings, afternoons or both. Participants registered for both morning and afternoon sessions stay at the facility between sessions and should bring lunch.

Activities: during both morning and afternoon sessions participants will engage in:

- Swim Time
- Sports Time
- Relaxation Time
- Knowledge Time

Fees: All participants must be registered members of 4H Alaska and show their 4H card at registration

\$30 per session/per participant (morning and afternoon are separate sessions)

Discounts available for full week registration, see pricing page for specifics.



December 2019 Group Fitness

Anti-Gravity	<u>Anti-Gravity</u> - Class on Dec. 4, Dec. 11, and Dec. 18 th . Wednesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- \$13 Non-Member Fee- \$20
Bootcamp	<u>Bootcamp</u> -Class on Dec. 2 nd , Dec. 9 th , Dec. 16 th , and Dec. 30 th Mondays 6:30-7:30pm in the YKFC Fitness Studio <u>Bootcamp</u> -Class on Dec. 6 th , Dec. 13 th , and Dec. 20 th . Fridays 6:00-7:00am in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- \$17 Non-Member Fee- \$26 Member Fee- \$13 Non-Member Fee- \$20
Cardio Boxing	<u>Cardio Boxing</u> -Class on Dec. 2 nd , Dec. 9 th , Dec. 16 th , Dec. 23 rd , and Dec. 30 th . Mondays 7:45-8:45pm in the YKFC Fitness Studio <i>With Gabby</i>	Member Fee- \$22 Non-Member Fee- \$33
Cycling/Recovery	<u>Cycling/Recovery</u> - Class on Dec. 5 th . Thursdays 6:45-7:45pm in the YKFC Fitness Studio Cycling for first 40 minutes- Recovery for last 20 min. <i>With Rose/Kevin</i>	Member Fee- DROP IN Non-Member Fee- DROP IN
Thursday Yoga	<u>Yoga</u> - Class on Dec. 5 th , Dec. 12 th , and Dec. 19 th Thursdays 5:30-6:30pm in the YKFC Fitness Studio <i>With Carey</i>	Member Fee- \$13 Non-Member Fee- \$20
Sunday Yoga	<u>Yoga</u> - Class on Dec. 1 st , Dec. 8 th . And Dec. 15 th Sundays 1:00-2:00pm in the YKFC Fitness Studio <i>With Carey</i>	Member Fee- \$13 Non-Member Fee- \$20
Master's Swim	<u>Master's Swim</u> -Class on Dec. 3 rd , Dec. 5 th , Dec. 10 th , Dec. 12 th , Dec. 17 th , Dec. 19 th , Dec. 24 th , and Dec. 31 st Tues./Thurs. 6:00-7:00am in the YKFC Pool <i>With Renee</i>	Member Fee- \$30 Non-Member Fee- \$46
Water Aerobics	<u>Water Aerobics</u> - Class on Dec. 2 nd , Dec. 9 th , and Dec. 16 th . Mondays 10:00-11:00am in YKFC Pool <u>Water Aerobics</u> - Class on Dec. 6 th , Dec. 13 th , and Dec. 20 th . Fridays 10:00-11:00am in YKFC Pool <i>With Stacey</i>	Member Fee- \$13 Non-Member Fee- \$20 Member Fee- \$13 Non-Member Fee- \$20
Zumba	<u>Zumba</u> -Class on Dec. 3 rd , Dec. 10 th , and Dec. 17 th . Tuesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Anna Rose</i>	Member Fee- \$13 Non-Member Fee- \$20

Group Fitness Participants may:

- Register at the beginning of the session (best value).
- Purchase a fitness pass-for 10 classes.
- Purchase an all-inclusive "group fitness" pass.





HEALTHY EATING

Here are some simple ways you and your family can eat healthy. Learn more at heart.org/eatsmart.

INCLUDE

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish, skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and nontropical oils

LIMIT

- Sodium and salty or highly processed foods
- Saturated fat
- Sweets and added sugars, including sugar-sweetened beverages
- Fatty or processed meats — if you choose to eat red meat, select the leanest cuts

AVOID

- Trans fats, partially hydrogenated oils and excessive calories

TIPS

- **Choose wisely, even with healthier foods.** Ingredients and nutrient content can vary by brand and preparation.
- **Compare nutrition information** on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.
- **Watch your calorie intake.** To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories.
- **Eat reasonable portions.** Often this is less than you are served.
- **Eat a variety of foods** to get all the nutrients your body needs.
- **Prepare and eat healthier meals at home.** You'll have more control over ingredients.
- **Look for the Heart-Check mark** to easily identify foods that can be part of an overall healthy diet. Learn more at heartcheck.org.

BE SMART ABOUT BEVERAGES

The holidays are chock full of delicious dishes, but they can come with extra calories and unwanted ingredients. Try these tips to enjoy your favorite winter beverages.

EGGNOG

- **Mix it up.** Fill your glass with half- to three-quarter-parts of low-fat or skim milk and one part eggnog. You'll still get the flavor without all the calories.
- **Act like a kid.** Take out the alcohol. This simple step will reduce the caloric content.
- **Cut the fluff.** Pass on that big dollop of whipped cream to avoid the extra sugar and saturated fat.
- **Find an alternative.** Try a low-fat or non-dairy version.

HOT CHOCOLATE

- **Lighten up.** Try hot chocolate made with low-fat or skim milk, and without whipped cream.
- **Do some research.** With instant hot chocolate, look for products marked "low-fat/fat-free" and use low-fat or nonfat milk or hot water. Choose options with less added sugars.
- **Go easy on the toppings.** Use mini-marshmallows instead of large ones. Use low-fat whipped cream, or stick to less than one tablespoon. Try lighter toppings like grated cinnamon or nutmeg.

APPLE CIDER

- **Read the labels.** When buying cider, check the added sugar content, which can increase your calorie intake and cause weight gain. Choose options with less sugar.
- **Do it yourself.** When making cider at home, use unsweetened apple juice and a variety of spices (like cinnamon sticks, cloves, nutmeg and whole cranberries). You'll keep the flavor while cutting calories.

COCKTAILS AND OTHER ALCOHOLIC BEVERAGES

- **Enjoy mocktails.** Serve non-alcoholic versions of your favorite cocktails to lower the calories. Be sure to check the nutrition label, because sometimes products that are alcohol-free have more added sugar.
- **Break it up.** Drink a glass of water or sparkling water between each beverage. This will help fill you up, leaving less room to overindulge.



MINDFUL MEALS

SODIUM

- **Limit your sodium.** Did you know that many of your favorite holiday dishes may be packed with sodium? Breads and rolls, poultry, and canned soups are three common foods that can add sodium to your diet. When shopping for ingredients to prepare your holiday meal, compare the labels and choose options with the lowest amount of sodium.
- **Savor the flavor.** Use herbs and spices, like rosemary and cloves, to flavor dishes instead of salt or butter.
- **Rinse away.** When using canned beans or veggies, drain and rinse in a colander to remove excess sodium.

TURKEY

- **Outsmart the bird.** Reach for the lighter pieces of meat; they have fewer calories and less fat than the darker ones. Another way to cut calories and fat is to take off the skin.
- **Keep portions in check.** A serving size of meat is 3 oz., about the size of a deck of cards. So, be conscious of how much you put on your plate, and pass on that second helping. If you're also having another meat, like ham or lamb, take smaller portions of each.
- **Watch out for the gravy train.** Turkey usually comes with gravy, which can add excess saturated fat, calories and sodium. Limit gravy to a tablespoon, and keep it off other items, like the dressing.

DRESSING

- **Call it what it is.** Dressing is intended to be a complement to your meal, not an entrée. Limit servings to about 1/4 cup or one spoonful.
- **Judge it by its cover.** If the dressing is filled with fatty meats like sausage and pork, looks greasy or buttery, or is made with white bread or sweet rolls, it may be best to pass. Better options include dressings made with whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts), and lots of veggies and fruits.

APPETIZERS/SNACKS

- **Skip the extras.** Make sure everyone has an appetite for the meal by skipping appetizers and serving lighter snacks like cut-up fruits and veggies.

ADDED SUGARS

- **Treat yourself right.** Try bite-sized or half portions of desserts, or split servings with others.
- **Sip smart.** Instead of soda or sweet tea, which can add a lot of sugar to an already indulgent meal, serve sparkling water or tea sweetened only with a bit of 100% fruit juice.
- **Lighten up.** Reduce the amount of sugar you use in sides like sweet potato casserole and cranberry sauce. Use herbs and spices for flavor instead.

HEALTHY HOLIDAY PARTIES

'Tis the season of celebrations. Whatever the event, these tips can help you stay healthy while having fun.

APPETIZERS AND HORS D'OEUVRES

- **Get involved.** Whether potluck or not, offer to bring a dish. You can make a healthier item, giving yourself at least one good option to enjoy.
- **Come prepared.** If the party is during lunch, eat a healthy breakfast followed in mid-morning by a high-fiber snack, such as an apple or a small handful of almonds. If the party is at the end of the day, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- **Go easy.** Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.

DESSERTS

- **Use the buddy system.** By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

BEVERAGES

- **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories.
- **Watch seasonal drinks.** Many holiday beverages have so much added sugar, they may as well be a dessert. Keep in mind what else you've eaten; it may be best to enjoy these drinks on another day.



HELLO.
My name is James.



YK Fitness Center

HELLO.
My name is Peter.



YK Fitness Center

HELLO.
My name is _____.



YK Fitness Center

Our member recognition campaign is all about sharing YOUR fitness success.

Share your story! Tell others what the YK Fitness Center means to you.
 What's your motivation? Let others know what brings you to the YK Fitness Center!
 Who's your health and fitness hero? Nominate them!

Contact ykfc@cityofbethel.net to be part of our member recognition campaign.

Enter for yourself, your family or nominate someone who inspires you

HELLO.
My name is _____.



YK Fitness Center


Read the full stories and download the entry form at ykfitness.org

HELLO.
My name is Alton.



YK Fitness Center

HELLO.
My name is Dennis.



YK Fitness Center



December 2019 Pool Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	CLOSED	CLOSED
6:00-6:30a	6 Lap	3 Lap/ 3 Masters	6 Lap	3 Lap/ 3 Masters	6 Lap		
6:30-7:00a	6 Lap		6 Lap		6 Lap		
7:00-7:30a	6 Lap	6 Lap	6 Lap	6 Lap			
7:30-8:00a	6 Lap	6 Lap	6 Lap	6 Lap			
8:00-9:00a	6 Lap	6 Lap	6 Lap	6 Lap			
9:00-10:00a	6 Lap	6 Lap	6 Lap	6 Lap			
10:00-11:00a	2 Lap/4 WX	4 Lap/2 Rec	6 Lap	4 Lap/2 Rec	2 Lap/4 WX	6 Lap	6 Lap
11:00a-12:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	6 Lap	4 Lap/ 2 Class
12:00-1:00p	3 Lap/3 Rec	3 Lap/3 Rec	2 Lap/4 GJE Swim Class 12:45-1:45p	3 Lap/3 Rec	3 Lap/3 Rec	6 Lap	
1:00-2:00p	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
2:00-2:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
2:30-3:00p	2 Lap/4 JR High Swim Class 2:45-3:45p				3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
3:00-3:30p					3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
3:30-4:00p					3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
4:00-4:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
4:30-5:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
5:00-5:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
5:30-6:00p	2 Lap/ 2 Rec/ 2 class	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
6:00-6:30p		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
6:30-7:00p		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec
7:00-7:30p		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	Water Polo/ Rec Swim	3 Lap/3 Rec	3 Lap/3 Rec
7:30-8:00p		3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec		3 Lap/3 Rec	3 Lap/3 Rec
8:00-8:30p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	
8:30-9:00p	Closed						

Lap swimmers are expected to share lanes and circle swim when multiple swimmers are present.

Schedule subject to change without notice

December 2019 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	
6:00-7:00a					Bootcamp		
7:00-8:00a							
8:00-9:00a							
9:00-10:00a							
10:00-11:00a							
11:00a-12:00p							
12:00-1:00p							
1:00-2:00p							YOGA
2:00-3:00p							
3:00-3:30p							
3:30-4:00p							
4:00-4:30p							
4:30-5:00p							Anit-Bullying & Self Defense
5:00-5:30p		Youth Boxing 5:15-6:00p					
5:30-6:00p							
6:00-6:30p				Hatha Yoga			Women's Empowerment & Self Defense
6:30-7:00p	Bootcamp	Zumba	AntiGravity	Cycling 645-745p			
7:00-7:30p							
7:30-8:00p	Cardio Boxing 7:45-8:45p						
8:00-8:30p							
8:30-9:00p							

Check the Weekly Schedule for class occurrences on specific dates.

Schedule subject to change without notice

