

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

FEBRUARY IS HEART HEALTH MONTH

Facility Hours

Effective September 27, 2017

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

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

Pool Closes at 8:30pm all days.

Facility Closures:

Staff Party: 2/21 Open 5:30am-5:30pm

Thank you for supporting our staff.

February 2020

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About

28,000

people in Alaska
have coronary heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking — together!

Learn more at hearttruth.gov.



NIH National Heart, Lung, and Blood Institute



ALL MONTH

GET 20% OFF ANNUAL
MEMBERSHIPS



FEB 7TH

WEAR RED AND GET A
FREE WATER BOTTLE

**National
Wear Red Day
February 7**

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

get active

don't wait

FEB. 14TH

BUY ONE, GET ONE
FREE ON DAY PASSES
AND BUNDLE PASSES



NOW HIRING CERTIFIED LIFEGUARDS!



[FREE](#) Training At the YKFitness Center

March 9-13, 12-7:30pm

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





Sports Club 2019/20 Academic School Year

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

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.

Session	Date/s of Camp	Full Day/Full Week	Mornings Only	Afternoons Only
March '19 (Single Days)	03/05 and 03/06		\$30	\$30
March '19 (Full Week)	03/09-03/13	\$230	\$135	\$135



Thanks to a generous donor, the Lifesavers Fund has partial and full scholarships available to help youth participate in the YK Fitness Center Sport Club! Youth must be between the ages of 5 and 13 and registered members of 4-H Alaska.

Deadline: Feb. 26 at 9 pm. You can apply online ykdelta.lifesavers.org, email michelle@bcsfoundation.org for an electronic application or pick up a paper application at the YK Fitness Center. Completed paper forms can be returned to the drop box located at the YK Fitness Center counter.



Yukon-Kuskokwim Fitness Center

February 2020 Group Fitness

Anti-Gravity	<u>Anti-Gravity</u> -Class on Feb. 12, Feb. 29, and Feb. 26. 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 Feb. 3, Feb. 17, and Feb. 24 Mondays 6:30-7:30pm in the YKFC Fitness Studio	Member Fee- \$13 Non-Member Fee- \$20
	<u>Bootcamp</u> -Class on Feb. 14, Feb. 21, and Feb. 28. Fridays 6:00-7:00am in the YKFC Fitness Studio <i>With Kevin</i>	Member Fee- \$13 Non-Member Fee- \$20
Cardio Boxing	<u>Cardio Boxing</u> -Class on Feb. 3, Feb. 10, Feb. 17, and Feb. 24 Mondays 7:45-8:45pm in the YKFC Fitness Studio <i>With Gabby</i>	Member Fee- \$17 Non-Member Fee- \$26
Introduction to Weightlifting	<u>Intro to Weightlifting</u> -Class on Feb. 4, Feb. 6, Feb. 11, Feb. 13, Feb. 18, Feb. 20, Feb. 25, and Feb. 27. Tuesdays and Thursdays 10:00-11:00am in the YKFC Fitness Studio. <i>With James</i>	Member Fee- \$34 Non-Member Fee- \$52
Thursday Yoga	<u>Yoga</u> - Class on Feb. 6, Feb. 13, Feb. 20, and Feb. 27 Thursdays 6:00-7:00pm in the YKFC Fitness Studio <i>With Carey</i>	Member Fee- \$17 Non-Member Fee- \$26
Sunday Yoga	<u>Yoga</u> - Class on Feb. 2, Feb. 9, Feb. 16, and Feb. 23. Sundays 1:00-2:00pm in the YKFC Fitness Studio <i>With Janessa</i>	Member Fee- \$17 Non-Member Fee- \$26
Master's Swim	<u>Master's Swim</u> -Class on Feb. 4, Feb. 6, Feb. 11, Feb. 13, Feb. 18, Feb. 20, and Feb. 25. 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 Feb. 3, Feb. 10, Feb. 17, and Feb. 24 Mondays 10:00-11:00am in YKFC Pool	Member Fee- \$17 Non-Member Fee- \$26
	<u>Water Aerobics</u> - Class on Feb. 5, Feb. 12, Feb. 29, and Feb. 26. Wednesdays 10:00-11:00am in YKFC Pool	Member Fee- \$17 Non-Member Fee- \$26
	<u>Water Aerobics</u> - Class on Feb. 7, Feb. 14, Feb. 21, and Feb. 28. Fridays 10:00-11:00am in YKFC Pool <i>With Stacey</i>	Member Fee- \$17 Non-Member Fee- \$26
Zumba	<u>Zumba</u> -Class on Feb. 4, Feb. 11, Feb. 18, and Feb. 25. Tuesdays 6:30-7:30pm in the YKFC Fitness Studio <i>With Anna Rose</i>	Member Fee- \$17 Non-Member Fee- \$26

Group Fitness Participants may:

- Register at the beginning of the session (best value).
- Purchase a fitness pass-for 10 classes.
- Pay a drop-in fee.

1/27/2020



Taking Care of Our Hearts, Together



#ourhearts
are healthier together

Heart disease is the leading cause of death in the United States. One in four people dies of it each year. But there's a lot you can do to live a heart healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home, at work, in your community, or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

Here's How to Start:

Move more

Get *at least* 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Be active, together:

Get creative. Invite a colleague to join you for regular walks or an exercise class and put it on your calendars—then text or carpool to make sure you both show up. Grab your kids and do jumping jacks, shoot some hoops, or dance after you get home. For other low-cost activities you can do together, check your local parks and recreation department, religious institution, or community center for classes and activities. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart healthy DASH recipes at: healthyeating.nhlbi.nih.gov/.

Eat healthy, together:

When you go out to eat with friends, nix the all-you-can-eat restaurant, where people tend to overeat. If you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Bring a salad or veggie side dish to your next potluck, so you'll have something healthy to fill up on. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



www.hearttruth.gov



Move More

Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day? Don't **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity. Start gradually and increase slowly.

Learn more about:

[CDC Target Heart Rate and Estimated Maximum Heart Rate](#)

[Different types of physical activity.](#)

[Recommendations for children, older people, and pregnant women.](#)

HELLO.
My name is Peter.




HELLO.
My name is _____.




HELLO.
My name is James.




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!

Visit ykfitness.org or Contact ykfc@cityofbethel.net.

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

HELLO.
My name is Dennis.




HELLO.
My name is _____.




HELLO.
My name is Alton.





Meet our Staff:

Facility and Front Desk Attendant: **Fritz Jimmie**

1. What initially brought you to the fitness center.

A. *I was seeking employment for the summer but ended up liking it here and staying on through the school year.*

2. What do you like about the fitness center?

A. *I like how everyone is so friendly, including our staff.*

3. What motivates you to continue visiting the fitness center?

A. *I have to come to my shifts to make the money I need!*

4. What is one fun fact that not many people know about you?

A. *I have a thing about guitars, I enjoy collecting them. I always want to add more to my collection.*

5. How do you like your eggs?

A. *Scrambled mixed with corn beef hash, with a Cheese and a little bit of ketchup on top.*

6. What is your favorite vacation?

A. *Fall Moose hunting camp is always the best, we camp all over the Kuskokwim. If it's not Fall, then our yearly spring camp close to Baird Inlet is my favorite.*

7. If you could have any superpower, what would it be?

A. *It would definitely be teleportation.*

8. What are three things on your bucket list?

1. *Get certified for heavy equipment operator.*
2. *Get certified for plumbing.*
3. *Go through training for carpentry.*





February 2020 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	2 Lap/4 WX	4 Lap/2 Rec	2 Lap/4 WX		
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	6 Lap
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	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	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
3:00-3:30p	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
3:30-4:00p	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
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	2 Lap/ 2 Rec/ 2 class
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	
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	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
6:00-6:30p	3 Lap/3 Rec	2 Lap/ 2 Rec/ 2 class	2 Lap/ 2 Rec/ 2 class	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
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
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



February 2020 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		Youth Boxing 4:45-5:30p				Anit-Bullying & Self Defense	
5:00-5:30p							
5:30-6:00p							MMA for Public Safety & Self Defense
6:00-6:30p							
6:30-7:00p	Bootcamp	Zumba	AntiGravity	Yoga			
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

