

# Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

## June 2020

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### Now Hiring:

[Facility Attendant](#)

[Aquatic Manager](#)



### **YKFC is available for exclusive pool parties this summer.**

Rent the Pool and Lobby for 2 hours of exclusive use for up to 50 people.

Available Saturday or Sunday from 11am-1pm; June – August

Cost: \$250

Visit <http://www.ykfitness.org/rentals> for details.

Contact: [ykfc@cityofbethel.net](mailto:ykfc@cityofbethel.net) or 543-1398 to schedule your pool party.

## Fitness Center Hours

Mon-Fri, 5:30am-9pm (pool closes 8:30pm)

Sat & Sun, 2pm-9pm (pool closes 8:30pm)

- ▶ Everyone Age 2+ must **wear a mask** in common areas
- ▶ Everyone under 16 years must have adult (18+) supervision
- ▶ Social Distancing required
- ▶ New traffic patterns to reduce congestion
- ▶ At check-in patrons and staff must sign waiver, confirm they are symptom free and provide contact information
- ▶ **Wash hands** before participating in activities
- ▶ Capacity limits for each space
- ▶ Some equipment closed to allow distancing

### **GOT MASK?**



**Mask Required for everyone age 2yrs+.**

Including in locker rooms and on pool deck

We appreciate your help and patience as we work to keep you safe.

Visit [ykfitness.org](http://ykfitness.org) for more details

## YKFC Sport Club



We are not yet able to offer the YK Fitness Center Sport Club, but we are working with 4-H Alaska to provide activities as soon as possible. Stay tuned for more info about summer programs!



# Group Fitness Classes

## June 2020

Class	Schedule	Class Capacity Limit
<b>Anti-Gravity/Barre</b>	Wednesdays at 6AM @YKFC 6/3, 6/10, 6/17, 6/24 With Kevin	YKFC = 10
<b>Bootcamp</b>	Mondays at 6AM @YKFC 6/1, 6/8, 6/15, 6/22, 6/29 Fridays at 6AM @YKFC 6/5, 6/12, 6/19, 6/26 Saturdays at 10AM @ Pinky's Park 5/30, 6/6, 6/13, 6/20, 6/27 With Kevin	YKFC = 10 Pinky's = 20 <i>Please purchase class pass in advance for outdoor class.</i>
<b>Cycling</b>	Tuesdays at 6:30pm 6/9, 6/16, 6/30 With Rose	YKFC = 10
<b>Yoga</b>	Thursdays at 6:30pm @YKFC 6/4, 6/11, 6/18, 6/25 With Janessa	YKFC = 10
<b>Water Aerobics</b>	Wednesdays at 10AM @YKFC Pool 6/3, 6/10, 6/17, 6/24 With Stacey	YKFC = 12

**Classes are First Come First Served.  
Drop-in or use a Fitness Class Pass.**

Drop-in Rate: \$11 Non-Member/\$7.15 Member

[Visit ykfitness.org or call 543-0390 for more information or to purchase your Fitness Class Pass.](http://ykfitness.org)

## VIRTUAL FITNESS SCHEDULE



June 1-June 5, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Vinyasa Yoga Flow 7:00 - 7:45 a.m. CDT Instructor: Sabbi		Pilates Flow 7:00 - 7:45 a.m. CDT Instructor: Ariel	Yoga & Core 7:00 - 7:45 a.m. CDT Instructor: Lauren
	High Intensity Interval Training & Core 8:00 - 8:45 a.m. CDT Instructor: Kim	Cardio Dance 8:00 - 8:45 a.m. CDT Instructor: Rachel	High Intensity Interval Training & Core 8:00 - 8:45 a.m. CDT Instructor: Kim	Tabata & Core 8:00 - 8:45 a.m. CDT Instructor: Cristina
Barre 11:00 - 11:45 a.m. CDT Instructor: Sarah	Barre 11:00 - 11:45 a.m. CDT Instructor: Liz	Total Body Conditioning 11:00 - 11:45 a.m. CDT Instructor: Cristina	High Intensity Interval Training 11:00 - 11:30 a.m. CDT Instructor: Lauren	
Pilates Flow 5:00 - 5:45 p.m. CDT Instructor: Becca	Total Body Conditioning 5:00 - 5:45 p.m. CDT Instructor: Ariel	Nutrition Information Video posted 5pm CDT Instructor: Emilie	Total Body Conditioning 4:00 - 4:45 p.m. CDT Instructor: Alexa	





### March 2020 Pool Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
5:30-6:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	<b>CLOSED</b>		
6:00-6:30a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
6:30-7:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
7:00-7:30a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
7:30-8:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
8:00-9:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
9:00-10:00a	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
10:00-11:00a	4 Lap/2 Rec	4 Lap/2 Rec	2 Lap/4 WX	4 Lap/2 Rec	4 Lap/2 Rec			
11:00a-12:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec			
12:00-1:00p	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec	3 Lap/3 Rec			
1:00-2:00p	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	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	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	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	3 Lap/3 Rec	
7:00-7:30p	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	
7:30-8:00p	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	
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	3 Lap/3 Rec	
8:30-9:00p	Closed							

All swimmers must wear masks while on deck. Masks may be removed when entering the water.  
Spa Capacity is 6 people.

Schedule subject to change without notice



### March 2020 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						<b>Closed</b>	
6:00-7:00a	Bootcamp		Antigravity/ Barre		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							
2:00-3:00p							
3:00-3:30p							
3:30-4:00p							
4:00-4:30p							
4:30-5:00p							
5:00-5:30p							
5:30-6:00p							
6:00-6:30p							
6:30-7:00p		Cycling		Yoga			
7:00-7:30p							
7:30-8:00p							
8:00-8:30p							
8:30-9:00p							

Check the Weekly Schedule for class occurrences on specific dates.

Outdoor Bootcamp at Pinky's Saturdays at 10am

Schedule subject to change without notice

