

Yukon-Kuskokwim Fitness Center

Facility Hours
 Mon-Fri 5:30am-9pm
 Sat & Sun: 2pm-9pm

Safety. Wellness. Community



October 2020
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If you:

- are sick,
- have traveled,
- have tested positive for COVID-19
- have been in close contact with someone who has tested positive for COVID-19

Please do not visit the facility. Go to our website for policies and requirements.

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

Annual Memberships Still Valid
 If you purchased a membership during our October 2019 PFD sale, your membership is still valid. Memberships have been extended into December to accommodate recent closures. If you have questions about your membership, please contact us at ykfc@cityofbethel.net.

3Ts with Warren: Last chance to register!
ykfitness.org/instructional or call 543-0390.
 Develop balance, coordination, and flow to improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing.
[Masks and Social Distancing required.](#)
Youth: Age 7-15, Participants may register for one class or both but may only attend the day registered for.
Tuesdays, 4:30-5:30pm September 22nd – October 27th. Registration Closes 9/29
Saturdays, 4:30-5:30pm September 26th – October 31st. Registration Closes 10/3
Adult: Age 16+,
Thursdays 5:30-6:30pm September 24th – October 29th. Registration Closes 10/1

Please help **stop the dirt at the door** by removing or covering outside shoes at the entrance.

Keep It Neat!

Indoor Shoes ONLY

Remove or Cover all shoes that have been worn outside.

Thank you for helping keep our facility clean.

If you are using the the fitness center or studio, please bring a clean pair of "indoor" shoes. This keeps the facility cleaner and significantly prolongs the life of our equipment.
Thank you for helping us keep the facility and equipment clean.

Join our **Fall Into Fitness Challenge** and work towards achieving the CDC recommended 150 minutes of exercise a week.

Why It Matters

1 IN 2

About 1 in 2 adults live with a chronic disease. About half of this group have two or more.

1/2

Only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

Physical Activity Saves Lives and Protects Health

Getting enough physical activity could prevent 1 in 10 premature deaths

It could also prevent:

1 in 8 cases of breast cancer

1 in 8 cases of colorectal cancer

1 in 12 cases of diabetes

1 in 15 cases of heart disease





Group Fitness Classes October 2020

Class Descriptions

See current month schedule for dates and pricing.

COVID-19 precautions include requiring masks in all areas of the facility, including during classes. We apologize for the inconvenience and appreciate everyone helping us keep the facility safe, so we can remain open for you.

Class	Schedule	Location	Capacity Limit
Anti-Gravity/Barre With Kevin	Wednesdays at 6AM 10/7	Studio	10
Bootcamp With Kevin	Mondays at 6AM 10/5 Fridays at 6AM 10/2, 10/9	Studio	10
Cycling With Rose	Tuesdays at 6:30pm 10/6, 10/13, 10/20	Studio	10
Masters Swim With Renee	Fridays at 6pm 10/2, 10/9, 10/16, 10/23, 10/30	Pool	6
Water Aerobics With Stacey	Wednesdays at 9AM 10/7, 10/14, 10/21, 10/28	Pool	12
Week End Wind Down With Kevin	Fridays at 7pm 10/2	Studio	10
Classes are First Come First Served. Drop-in or use a Fitness Class Pass. Drop-in Rate: \$11 Non-Member/\$7.15 Member			

Barre + Anti-Gravity: This 60-minute class is designed to trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long, and lean physique. The Barre + Anti-Gravity workout combines elements of dance, yoga and high rep resistance training and is all low impact. With heavy focus on body weight total body strengthening, light weight dumbbell-high rep upper body strength training, and core stability, you will build functional strength and sculpt your body. This workout emphasizes improving muscle endurance, tone, coordination and balance.

Bootcamp: 60-minute class to get fit fast using this total body training. Classes are designed so that participants exert moderate to high intensity to burn calories. Anything is game in this class, which uses full-body interval training mixed with HIIT type workouts to improve strength and build lean muscle. Varied activities will include the use of the body's own weight to create resistance, along with dumbbells, kettlebells, battle ropes, and other forms of resistance. Agility, power, and speed are emphasized in this athletic workout. Designed for those at an intermediate or advanced level with modifications demonstrated and encouraged if needed.

Cycling: This 60-minute class is a stationary bike class. Participants will cycle to music, and through direction from instructor will cycle through various endurance cycling workouts. Participants will burn calories, keep muscles in shape, and improve cardiovascular endurance and strength. This class is a great way to get a vigorous workout without the impact of running or jumping. Beginner to advanced welcome.

Masters Swim: This 60-minute class is open to all adult swimmers who are dedicated to improving their fitness levels through swimming. Our instructor will challenge participants through structured workouts designed to improve your endurance, strength, speed, and power in the water. One of the greatest benefits of master's swimming is being able to complete workouts within a structured group. Swimmers should be at least 16 years old, have basic knowledge of the four competitive swimming strokes, and swim four lengths of the pool without stopping. **COVID-19 mask may be removed while swimming but must be worn in locker rooms and while walking on deck.**

Water Aerobics: This 60-minute class is a low-impact, full body workout focusing on flexibility, strength, balance, and endurance. Reduce muscle and joint pain, improve balance and coordination, and have fun! Swimming experience is not required.

Week End Wind Down: This 60 minute class focuses on stretches for the total body and concludes with a relaxation segment. Balance your workout routines with flexibility training to enhance sports performance, increase strength and range of motion, and reduce risk for injury. The class uses a variety of stretch techniques including use of stretch straps, foam rollers and pressure point balls to break up trigger points and soothe tight muscles and fascia while increasing blood flow and circulation. Participants at all levels of physical fitness are encouraged to attend.

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

Mask required during all activities except showering and swimming.

Your mask protects me, my mask protects you.

Thank you for keeping our facility safe





Swim Lessons



Classes Meet October 18th - December 12th

Face masks required in locker rooms and on pool deck.
 Participants will be required to social distance from others. Instructors will remain distanced from swimmers.
 Swimmers not fully toilet trained must wear swim diaper with a tight fitting cover over the diaper.

Swimmers in Preschool and Level 2 classes are **required to have an Adult in the water with them.**
 Adult will be responsible for assisting swimmer with skills and assuring swimmers maintain distance from instructor and other swimmers.

AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Mem	Non Mem
3-5 years	Preschool 1	Mondays 5:30-6:00p	Swimmers entering this class must be at least 3 years old on the first day of class.	\$35	\$53
	Preschool 2	Mondays 6:05-6:35p	Swimmers entering this level must be at least 3 years old on the first day of class, should be willing to put their face in the water fully submerge their head and be willing to float on their back with ears in the water with minimal assistance.		
	Preschool 3	Wednesdays 5:30-6:00p	Swimmers entering this level must be at least 3 years old on the first day of class, should be comfortable putting their face in the water and fully submerging without assistance. Swimmers should be able to float with minimal assistance on their front with their face in the water and on their back with their ears in the water and should be ready to attempt these skills without assistance.		
6+ years	Level 2	Wednesdays 6:05-6:50p	Swimmers entering this level should be comfortable putting their face in the water and fully submerging underwater without assistance. Swimmers should be able to float with minimal assistance on front with face in the water and on back with ears in the water and be ready to attempt these skills without support.	\$49	\$75

Upper level swimmers will be expected to follow all safety protocols, including social distancing. Participants who do not follow safety rules will be removed from class.

AGE*	CLASS	Day/Time**	REQUIREMENTS/PRE-REQUISITES	Mem	Non Mem
6+ years	Level 3	Sundays 2:30-3:15p	Swimmers entering this level should be comfortable under the water, be able to float on front and back without support for 10-15 seconds, be able to swim 5-10 yards on front and on back and be ready to begin attempting skills in deep water. Swimmers entering this class must be at least 6 years old on the first day of class.	\$49	\$75
	Level 4	Mondays 6:40-7:25p	Swimmers entering this level should be able to swim 15-20 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 5-10 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 1 minute.		
	Level 5	Wednesdays 6:55-7:40p	Swimmers entering this level should be able to comfortably swim 25 yards each of Front Crawl with side breathing, Backstroke and Elementary Backstroke. They should be able to swim 15-25 yards each of Breaststroke, Sidestroke and Butterfly, be very comfortable in deep water and able to tread water for 2 minutes.		
16 +	Adult Beginner	Sundays 3:15-4:15p 10/18-11/8	Learn basic swimming and water safety skills. No previous swimming experience needed.	\$33	\$50
	Adult Intermediate	Sundays 3:15-4:15p 11/15-12/6	Swimmers entering this class should be familiar with the basic swim strokes and ready to develop/improve swim technique and endurance.		





October 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		
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	6 Lap	6 Lap	2 Lap/ 4 WX	6 Lap	6 Lap			
11:00a-12:00p	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			Available for Rental
12:00-1:00p	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap			
1:00-2:00p	6 Lap	6 Lap	6 Lap	6 Lap	6 Lap	CLOSED		
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/ 3Group	3 Lap/3 Rec	3 Lap/ 3Group	3 Lap/3 Rec	3 Lap/ 3 Masters	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.

Shallow area will be closed for swim classes Monday & Wed 5:30-6:30pm

Schedule subject to change without notice



October 2020 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	
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		3Ts				3Ts	
5:00-5:30p							
5:30-6:00p				3Ts			
6:00-6:30p							
6:30-7:00p		Cycling					
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.

Schedule subject to change without notice