



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

February 11, 2021

Important Links

[YKFC](#)

[State of Alaska Covid-19](#)

[City of Bethel](#)

[CDC](#)

[KYUK—Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

Facility Updates

Monday-Friday: 5:30am-9:00pm,
Saturday 10am-9pm, Sunday: Closed.

Please check our [website](#) for a complete facility schedule and operating procedures.

Memberships are on hold and will be reactivated as patrons return to the facility.

Group Fitness

Group Fitness classes are offered weekly! Space is limited, masks and social distancing are required. For more information visit: <http://www.ykfitness.org/group-fitness>

Exercise and Your Heart Health

There are a lot of lifestyle and genetic factors that can contribute to your heart health, one of the biggest factors in heart health, that you can control, is exercise. Adults should aim for at least 150 minutes of movement a week. That might seem like a lot, but it's about 30 minutes five times a week. Staying active reduces your risk of heart disease, diabetes, and helps reduce stress. If you aren't used to getting a lot of physical activity start small. Adding just a little movement to your routine can have a big impact on your health. Gradually increase your physical activity until you're hitting the recommended 150 minutes a week. Trying taking the dog for a walk, swimming a few laps, or joining a yoga class to start your movement journey.



Parks & Recreation Committee

Help your community by joining the Community Parks and Recreation Committee. The Committee reviews and makes recommendations to the city council on topics such as capital planning, budgeting, projects and funding related to parks and recreation; including the Fitness Center. Lend your voice to the committee and help make sure park and recreation opportunities are kept a priority for our community.

The Community Parks and Recreation Committee meets regularly the second Monday of every month at 6:00 p.m.

Visit <https://www.cityofbethel.org/prahscc> to view previous meeting materials or Apply today!

Covid-19 Procedures

We know everyone is eager to return to normal operations, and we are too. For the safety of our patrons and staff members we are currently operating under Covid-19 procedures including: wearing face masks, social distancing, contact tracing, travel quarantines, and reserved zones in the pool.

Fully vaccinated patrons are except from the travel quarantine and reservation policies.