



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

February 18, 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>

Stress and Your Heart Health

We all know that stress can make us cranky and anxious, but did you also know that stress can have a serious impact on your heart? Left unmanaged stress can affect more than your mood; blood pressure, energy levels, and digestive concerns are all side effects of letting stress get out of control. In addition to the immediate effects of stress, stress can impact our life choices leading to over eating, lack of exercise, and smoking. All of these factors can lead to serious concerns for your heart. Take time for yourself, enjoy a deep breath, and make sure your heart is well cared for.

American Heart Association: [Stress and Strain](#)



Covid-19 Procedures

At this time, while Covid-19 transmission in the YK Delta is high, we will not be making changes to our operating procedures. For the safety of our patrons and staff members we will continue our Covid-19 policies including: wearing face masks, social distancing, contact tracing, travel quarantines, and reserved zones in the pool. We know everyone is eager to return to typical operations, and we are too, when it is safe for everyone. *We appreciate everyone's patience and understanding as we navigate regulations and healthcare recommendations.*

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

