



THE ALASKA CLUB
FAIRBANKS

Member Newsletter

March 2010

IN THIS ISSUE

March is the perfect time to gain momentum and shape up for spring. Mix up your workout routine and try something new. Take a group fitness class, schedule workouts with friends or sign up for The Alaska Club's free online Fitness Challenge. Don't forget to reward yourself with a relaxing steam, sauna or massage. Keep experimenting! Try things at the Club that will keep you motivated, mentally and physically.

2010 THE ALASKA CLUB FITNESS CHALLENGE



Congratulations to everyone who has committed to learn something new, and improve their fitness lifestyle.

In March, the Fitness Challenge will include all-new nutrition and fitness tips, instruction for balance, an introduction to meditation, and new exercises for all your muscle groups. Remember to send in your weekly fitness and nutrition logs for a chance to win a great prize!

If you haven't signed up for the Fitness Challenge, it's not too late. Log on to www.thealaskaclub.com/fitnesschallenge and get started on a new fitness routine today!



Find out how to get a free tshirt



Sign up for a Tennis or Racquetball tournament



New financing options for Personal Training

Congratulations to:

Week One Winner!

Lynn Tatro

Week Two Winner!

Brandi White

WHAT'S HAPPENING?

REFER **3** for a
FREE T



Invite three friends to be a guest at your club and receive a free T-shirt. To receive your free T-shirt today, stop at the front desk or the membership department.

www.thealaskaclub.com

COMMUNITY CORNER

Thank You!

Thank you to all who participated in the Ride for ALS. Together, we raised \$7,767 for the Muscular Dystrophy Association!

AQUATICS

Starfish Academy Swim Lessons

March Session Dates:

Monday/Wednesday

March 15–April 7

Tuesday/Thursday

March 16–April 8

Friday

March 19–April 9

Saturday

March 20–April 10

For late registration contact Aquatic Director, Jennifer Fitzgerald 452-6801 ext. 245.



TENNIS

2010 Alaska Tennis Quest Tournament

March 19–21

Entry deadline: March 13

Registration forms are available at South Club or online at www.thealaskaclub.com.

For more information contact Tennis Tournament Coordinator, Oscar Calvillo at 452-6801 ext. 258.

Tennis Lessons

USPTA Certified Tennis Pro

Carol Woodard is available for teaching group lessons and/or private lessons. Check the bulletin board outside Tennis Court #1 for upcoming Group Lesson registration. For more information contact the tennis department at 452-6801 ext. 258.

RACQUETBALL

Spring Fling Racquetball Tournament

North Club

March 26, 27 & 28

Entry deadline: March 19

Registration forms are available at North & South Club or online at www.thealaskaclub.com.

For more information contact Dan Anderson at 687-4054.

Private Racquetball

Lessons

\$25 an hour

All ages and levels welcome!

Available by appointment, for more information contact 452-6801 ext. 245.

Starfish Academy Swim Lessons

April Registration

April 5–11

Session Dates:

Monday/Wednesday

April 19–May 12

Tuesday/Thursday

April 20–May 13

Friday,

April 23–May 14

Saturday,

April 24–May 15

Spring Break Additional Open Swim

Monday/Wednesday 10:30am–Noon

Tuesday/Thursday 1:30–3pm

For more information or to register for Swim Lessons, contact Aquatic Director, Jennifer Fitzgerald 452-6801 ext. 245.

PERSONAL TRAINING

0% Financing Available!

Choose 3, 6, 9 or 12 month 0% financing.

Set a workout plan that's just right for you.

More than just an instructor, a Personal Trainer can help you come up with the right workout plan to meet your goals. Whether it's losing a few pounds, toning up your arms, or building endurance, a Personal Trainer can help you get there.

Get started.

A personal trainer can guide you down the path to fitness by creating a specific exercise routine for you.

Learn proper technique and form.

If you're not doing exercises the right way, it can lead to injury that can sideline you. By doing them right, you're staying safe and also getting the maximum benefit from your workout.

Achieve your goals.

If you've always wanted to lose weight, tone up your body, or just be a healthier person, but you haven't quite been able to get there on your own, a personal trainer can help keep you on track.

Personal Trainer Levels

Personal Trainer's individual skills are divided into three levels: Advanced, Expert, and Master. Skill levels are determined by years of experience, areas of expertise, college degrees and national certifications.

For more information or to schedule an appointment, contact Fitness Director, Cheryl Warwick 452-6801 Ext. 233 or cwarwick@thealaskaclub.com.



EVENTS CALENDAR

| | | |
|----------|----|--|
| Monday | 8 | Spring Break starts... check for additional open swim times! |
| Saturday | 13 | Deadline for 2010 Alaska Tennis Quest Tournament Entry |
| Sunday | 14 | Set Your Clocks Ahead |
| Thursday | 18 | Free Guest Day |
| Friday | 19 | Deadline for Spring Fling Racquetball Tournament Entry |
| Monday | 29 | New Group Fitness Schedule |

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Anchorage NORTH · 700 Bragaw Street · 278-3621 / SOUTH · 10931 O'Malley Centre Drive · 344-6567 / THE SUMMIT · 11001 O'Malley Centre Drive, Suite 103 · 365-7300 / EAST · 5201 East Tudor Road · 337-9550 / WEST · 1400 West Northern Lights Boulevard · 264-2720 / FOR WOMEN · 1450 West Northern Lights Boulevard · 264-2700 / DOWNTOWN · 701 W. 8th Avenue, Ste 100 · 274-4232 / MIDTOWN 630 E. Tudor Road 562-2460 EXPRESS Jewel Lake · 3841 W. Dimond Boulevard · 245-2223 / EXPRESS Muldoon 7731 E. Northern Lights Boulevard 338-2639 / EAGLE RIVER · 12001 Business Boulevard · 694-6677 / **Wasilla** VALLEY · 1720 East Parks Highway · 376-3300 / **Palmer** EXPRESS 535 West Evergreen Avenue · 745-6677 **Fairbanks** SOUTH 747 Old Richardson Highway · 452-6801 / NORTH · 150 Eagle Avenue 456-1914 / EXPRESS · 575 Riverstone Way 452-3777 **Juneau** VALLEY · 2841 Riverside Drive · 789-2181 / DOWNTOWN · 641 West Willoughby Avenue · 586-5773