



THE ALASKA CLUB

SEPTEMBER TO
DECEMBER 2016
ACTIVITY GUIDE

WHAT'S INSIDE

thealaskaclub.com

ABOUT ACTIVITIES AT THE ALASKA CLUB

The Alaska Club has programs and activities for every level, schedule and interest.

- **FREE** Group Fitness classes, included with your membership
- Personal Training and private lessons
- Featured programs
- Family and community events

Activities are listed by The Alaska Club community near you, under youth, adult and family.

We also feature parties and rentals in Anchorage, Eagle River, Wasilla and Fairbanks as well as education programs.

Dates and times are subject to change. Visit thealaskaclub.com or download The Alaska Club App for the most current information.

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ABOUT YOUTH ACTIVITIES

For group fitness schedules:
· Visit thealaskaclub.com
· Download The Alaska Club App
· See the Member Support Desk

thealaskaclub.com

ABOUT YOUTH ACTIVITIES

Fitness fun starts here!

Find Group Fitness classes for kids of all ages here. Additional youth classes and fee-based classes such as Karate and Dance require registration, so sign up and play!

Check out the [Fall Group Fitness Schedule online](#). Bring a friend or come meet new ones: it's better together!

For further information or assistance with registration, contact Janet Warner, 330-0115, jwarner@thealaskaclub.com.

ANCHORAGE YOUTH ACTIVITIES

YOUTH GROUP FITNESS CLASSES

These classes are **FREE** for members!

ExpressWay Teens

South. Ages 11+. Total body strength training for youth.

Family Track Time

East. Ages 6 and up with parent/guardian.

Fit Kids

South. Ages 6-10. Group activities that foster lifelong fitness.

Kardio Kids

South. Ages 3-5. Fitness activities focused on fun, large motor movements in a non-competitive atmosphere.

The Gauntlet

East. Floating obstacle course. in the pool. All ages welcome!

Youth Yoga

South. Ages 6-12. Students will explore breathing exercises and yoga poses without competition, judgment or expectations.

These classes are **FEE BASED** for members & nonmembers.

YOUTH DANCE

Jazz Dance

South Group Fitness Studio 2

Mondays, 6:45-7:30pm, ongoing dates.

Instructor Belva-Jo Congdon.

Jazz dance instruction for ages 7-12.

Members \$40, nonmembers \$60 for 4 sessions.

Register at thealaskaclub.com or at any Member Support Desk.

Tap Dance

South Group Fitness Studio 2

Mondays, 6-6:45pm, ongoing dates. Instructor Belva-Jo Congdon.

Tap dance for ages 7-12.

Members \$40, nonmembers \$60 per month.

Register at thealaskaclub.com or at any Member Support Desk.

YOUTH MARTIAL ARTS

Karate Kids

South Group Fitness Studio 2

Mondays, 6-6:45pm, ongoing dates

Members \$10, nonmembers \$30 per month. Ages 5-7.

Register at thealaskaclub.com or at any Member Support Desk.

Karate 8+

South Group Fitness Studios 1 & 2

Mon/Wed/Fri 5-5:55pm, ongoing dates.

Members \$20, nonmembers \$50 per month.

Ages 8 and up, all levels Shotokan Karate. This is a traditional Japanese style of Karate with emphasis on technique and the goal of rank advancement.

Register at thealaskaclub.com or at any Member Support Desk.

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YOUTH ACTIVITIES ANCHORAGE

For group fitness schedules:

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- Download The Alaska Club App
- See the Member Support Desk

thealaskaclub.com

ANCHORAGE YOUTH ACTIVITIES CONTINUED

STARFISH ACADEMY: YOUTH AQUATICS

Group lessons are the best place for children to learn from both an instructor and each other. Each class is designed to build on the previous level to provide students with a gradual and continuous learning process. Children progress to the next level after individual evaluations. Classes run for 25 minutes. Classes with 2 or fewer students will be rescheduled.

SWIM LESSON DESCRIPTIONS

Little Ones with a Parent

South, East
This level introduces basic skills to parents and children, including safety topics.

Parent & Child

- Parents - How to enter/exit the water and hold baby in water
- Blowing bubbles
- Underwater exploration
- Submersion
- Front and back floats and glides
- Rolling from front to back and back to front
- Bobbing and drafting while breathing
- Good beginning swim habits

Preschool Aquatics 1 (Pre-K)

South, East
This level helps participants feel comfortable in the water and enjoy the water safely.

Preschool Level 1

- Blowing bubbles and face submersion
- Navigating the wading pool
- Back and front floating and gliding basics
- Open eyes underwater and retrieve submerged objects
- Treading with arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Class etiquette and terminology
- Pool safety

Preschool Aquatics 2 (Pre-K)

South, East
This level gives participants success with fundamental skills, such as floating and basic locomotion, and improves participants' coordination of simultaneous and alternating arm and leg actions.

Preschool Level 2

- Bobbing
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Fully submerging and holding breath
- Front, jellyfish and tuck floats
- Back float and glide
- Change direction of travel while swimming on front or back
- Pool safety

Learn to Swim 1: Introduction to Water Skills

South, East
This level helps participants feel comfortable in the water.

Learn to Swim Level 1

- Blowing bubbles
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Gliding and floating
- Recover to a vertical position from a glide or float
- Roll from front to back and back to front
- Tread water using arm and hand action
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Water safety

Learn to Swim 2: Fundamental Aquatic Skills

South, East
This level gives participants success with fundamental skills.

Learn to Swim Level 2

- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action on back
- Water safety

Learn to Swim 3: Stroke Development

South, East
This level builds on the skills in Level 2 through additional guided practice in deeper water.

Learn to Swim Level 3

- Jumping and headfirst entry into the water
- Bobbing while moving toward safety
- Rotary breathing
- Survival and back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Water safety

Learn to Swim 4: Stroke Improvement

South, East
This level develops confidence in the skills learned and improves other aquatic skills.

Learn to Swim Level 4

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Water safety

Learn to Swim 5: Stroke Refinement

South, East
Provides further coordination and stroke refinement.

Learn to Swim Level 5

- Shallow angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, side-stroke and butterfly
- Standard scull
- Water safety

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YOUTH ACTIVITIES EAGLE RIVER

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ANCHORAGE YOUTH ACTIVITIES, CONTINUED

SOUTH TORPEDOES SWIM TEAM

Ages 9-16. If you enjoy swimming and can competently swim 100 yards freestyle, 50 yards backstroke, 50 yards breaststroke, and can follow directions, then you have what it takes to join The Alaska Club's swim team. The swim team runs on a monthly basis with registration fees due by the first class of each month.

Swim Team

PRIVATE SWIM LESSONS

Instruction is catered to individual skill development and needs. Contact our Reservation Specialist at 365-7393 for details.

EAST SWIM LESSON PRICES

GROUP LESSONS

2 lessons/week (8 lessons): members \$86, nonmembers \$112

PRIVATE LESSONS: members \$35, nonmembers \$45

SEMI PRIVATE LESSONS: members \$25, nonmembers \$30

SOUTH SWIM LESSON PRICES

GROUP LESSONS

2 lessons/week (8 lessons): members \$86, nonmembers \$112

PRIVATE LESSONS: members \$35, nonmembers \$45

SEMI PRIVATE LESSONS: members \$25, nonmembers \$30

SWIM TEAM: members \$80, nonmembers \$100 per month

SWIM LESSON REGISTRATION

Contact the Reservation Specialist: 365-7393,
thealaskaclub.com/pools, or aquatics@thealaskaclub.com

SWIM LESSON POLICIES

A 24-hour cancellation notice to the lesson instructor is required for cancelling private or semi-private lessons. Failure to do so will result in full payment for lessons.

EAGLE RIVER YOUTH ACTIVITIES

YOUTH GROUP FITNESS CLASSES

These classes are **FREE** for members.

Family Track Time

Ages 6 and up with parent/guardian.

Fit Kids

Ages 6-12. Group activities and games that foster lifelong fitness.

Kardio Kids

Ages 3-5. Fitness activities focused on fun, large motor movements in a non-competitive atmosphere.

Youth Yoga

All ages, families welcome. Explore breathing exercises and yoga poses without competition, judgment or expectations.

These classes are **FEE BASED** for members & nonmembers.

Ballet Babes

Ages 3-6 with parent/guardian.

Members \$35, Nonmembers \$50

ZUMBA Kids' Camp

Starts October 1. ZUMBA® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Members \$35, nonmembers \$60

STARFISH ACADEMY: YOUTH AQUATICS

Group lessons are the best place for children to learn from both an instructor and each other. Each class is designed to build on the previous level to provide students with a gradual and continuous learning process. Children progress to the next level after individual evaluations. Classes run for 25 minutes. Classes with 2 or fewer students will be rescheduled.

SWIM LESSON DESCRIPTIONS

Little Ones with a Parent

This level introduces basic skills to parents and children, including safety topics.

- Parents - How to enter/exit the water and hold baby in water
- Blowing bubbles
- Underwater exploration
- Submersion
- Front and back floats and glides
- Rolling from front to back and back to front
- Bobbing and drafting while breathing
- Good beginning swim habits

Parent & Child

Preschool Aquatics 1 (Pre-K)

This level helps participants feel comfortable in the water and enjoy the water safely.

- Blowing bubbles and face submersion
- Navigating the wading pool
- Back and front floating and gliding basics
- Open eyes underwater and retrieve submerged objects
- Treading with arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Class etiquette and terminology
- Pool safety

Preschool Level 1

Preschool Aquatics 2 (Pre-K)

This level gives participants success with fundamental skills, such as floating and basic locomotion, and improves participants' coordination of simultaneous and alternating arm and leg actions.

- Bobbing
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Fully submerging and holding breath
- Front, jellyfish and tuck floats
- Back float and glide
- Change direction of travel while swimming on front or back
- Pool safety

Preschool Level 2

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YOUTH ACTIVITIES

WASILLA & PALMER

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EAGLE RIVER YOUTH ACTIVITIES, CONTINUED

Learn to Swim 1: Introduction to Water Skills

This level helps participants feel comfortable in the water.

- Blowing bubbles
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Gliding and floating
- Recover to a vertical position from a glide or float
- Roll from front to back and back to front
- Tread water using arm and hand action
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Water safety

Learn to Swim
Level 1

Learn to Swim 2: Fundamental Aquatic Skills

This level gives participants success with fundamental skills.

- Fully submerge and hold breath
- Front, jellyfish and tuck floats
 - Recover from a front and back float or glide to a vertical position
 - Change direction of travel while swimming on front or back
 - Tread water using arm and leg actions
 - Finning arm action on back
 - Water safety

Learn to Swim
Level 2

Learn to Swim 3: Stroke Development

This level builds on the skills in Level 2 through additional guided practice in deeper water.

- Jumping and headfirst entry into the water
- Bobbing while moving toward safety
- Rotary breathing
- Survival and back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Water safety

Learn to Swim
Level 3

Learn to Swim 4: Stroke Improvement

This level develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Water safety

Learn to Swim
Level 4

Learn to Swim 5: Stroke Refinement

South, East

Provides further coordination and refinement of strokes.

- Shallow angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, side-stroke and butterfly
- Standard scull
- Water safety

Learn to Swim
Level 5

PRIVATE SWIM LESSONS

Instruction is catered to individual skill development and needs. Contact our Reservation Specialist at 365-7393 for details.

EAGLE RIVER SWIM LESSON PRICES

GROUP LESSONS

2 lessons/week (8 lessons): members \$86, nonmembers \$112

PRIVATE LESSONS: members \$35, nonmembers \$45

SEMI PRIVATE LESSONS: members \$25, nonmembers \$30

REGISTRATION

Contact the Reservation Specialist: 365-7393,
thealaskaclub.com/pools, or aquatics@thealaskaclub.com

SWIM LESSON POLICIES

A 24-hour cancellation notice to the lesson instructor is required for cancelling private or semi-private lessons. Failure to do so will result in full payment for lessons.

WASILLA & PALMER YOUTH ACTIVITIES

YOUTH GROUP FITNESS CLASSES

These classes are **FREE** for members.

Jr. Jam

Wasilla. Ages 6-12. A variety of youth fitness and sport.

YOUTH DANCE

For further information or assistance with registration, contact Janet Warner, 330-0115, jwarner@thealaskaclub.com

ZUMBA Kids

Starts September 17. ZUMBA® exercise classes are “fitness parties” that blend upbeat world rhythms with easy-to-follow choreography,

These classes are **FEE BASED** for members & nonmembers.

Tap Dance for Beginners

Wasilla Group Fitness Studio 2

Thursdays, 6-6:45pm, ongoing dates. Instructor Nikki Egbert.

Tap dance instruction for those new to tap, ages 6-13.

Members \$40, nonmembers \$60 per month.

Register at thealaskaclub.com or at any Member Support Desk.

YOUTH MARTIAL ARTS

Karate

Wasilla Group Fitness Studio 2

Tue/Thu 7-8pm, ongoing dates

Members \$20, nonmembers \$50 per month. Ages 6+, all levels.

Register at thealaskaclub.com or at any Member Support Desk.

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YOUTH ACTIVITIES

WASILLA & PALMER

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WASILLA & PALMER YOUTH ACTIVITIES, CONTINUED

STARFISH ACADEMY: YOUTH AQUATICS

Group lessons are the best place for children to learn from both an instructor and each other. Each class is designed to build on the previous level to provide students with a gradual and continuous learning process. Children progress to the next level after individual evaluations. Classes run for 25 minutes. Classes with 2 or fewer students will be rescheduled.

SWIM LESSON DESCRIPTIONS

Little Ones with a Parent

Wasilla

This level introduces basic skills to parents and children, including safety topics.

- Parents - How to enter/exit the water and hold baby in water
- Blowing bubbles and submersion
- Underwater exploration
- Front and back floats and glides
- Rolling from front to back and back to front
- Bobbing and drafting while breathing
- Good beginning swim habits

Preschool Aquatics 1 (Pre-K)

Wasilla

This level helps participants feel comfortable in the water and enjoy the water safely.

- Blowing bubbles and face submersion
- Navigating the wading pool
- Back and front floating and gliding basics
- Open eyes underwater and retrieve submerged objects
- Treading with arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Class etiquette and terminology
- Pool Safety

Preschool Aquatics 2 (Pre-K)

Wasilla

This level gives participants success with fundamental skills, such as floating and basic locomotion, and improves participants' coordination of simultaneous and alternating arm and leg actions.

- Bobbing, front and back floats, and glides
- Recover from a front and back float or glide to a vertical position
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Fully submerging and holding breath
- Change direction of travel while swimming on front or back
- Pool Safety

Learn to Swim 1: Introduction to Water Skills

Wasilla

This level helps participants feel comfortable in the water.

- Blowing bubbles
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Gliding and floating
- Recover to a vertical position from a glide or float
- Roll from front to back and back to front
- Tread water using arm and hand action
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Water Safety

Learn to Swim 2: Fundamental Aquatic Skills

Wasilla

This level gives participants success with fundamental skills.

- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action on back
- Water Safety

Learn to Swim 3: Stroke Development

Wasilla

This level builds on the skills in Level 2 through additional guided practice in deeper water.

- Jumping and headfirst entry into the water
- Bobbing while moving toward safety
- Rotary breathing
- Survival and back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Water Safety

Learn to Swim 4: Stroke Improvement

Wasilla

This level develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Water safety

Learn to Swim 5: Stroke Refinement

South, East

Provides further coordination and stroke refinement.

- Shallow angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, side-stroke and butterfly
- Standard scull
- Water safety

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YOUTH ACTIVITIES FAIRBANKS

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WASILLA & PALMER YOUTH ACTIVITIES, CONTINUED

PRIVATE SWIM LESSONS

Instruction is catered to individual skill development and needs. Contact our Reservation Specialist at 365-7393 for details.

WASILLA SWIM LESSON PRICES

GROUP LESSONS

2 lessons/week (8 lessons): members \$86, nonmembers \$112

PRIVATE LESSONS: members \$35, nonmembers \$45

SEMI PRIVATE LESSONS: members \$25, nonmembers \$30

REGISTRATION

Contact the Reservation Specialist: 365-7393,
thealaskaclub.com/pools, or aquatics@thealaskaclub.com

SWIM LESSON POLICIES

A 24-hour cancellation notice to the lesson instructor is required for cancelling private or semi-private lessons. Failure to do so will result in full payment for lessons.



FAIRBANKS YOUTH ACTIVITIES

NEW & FEATURED

These classes are **FEE BASED** for members & nonmembers.

Junior Round Robin

Fairbanks South

Sat. Sept. 10, 6-7:30pm

\$15 per player, members and nonmembers welcome.

Contact Carol at 978-4927 for details and to register.

Kids Fit Jam on the Turf

Fairbanks South Turf Field

Mon/Wed 5:30-6:30pm, ongoing dates

Kid-friendly fitness so fun they won't know it's exercise.

No registration required! FREE for members, \$15 nonmembers.

YOUTH GROUP FITNESS CLASSES

These classes are **FREE** for members.

Kids Fit Jam

Fairbanks South. Ages 6+. Kid-friendly fitness so fun they won't know they're exercising!

Kids ZUMBA

Fairbanks South. Ages 6+. Fitness dancing for kids and friends!

STARFISH ACADEMY: YOUTH AQUATICS

Group lessons are the best place for children to learn from both an instructor and each other. Each class is designed to build on the previous level to provide students with a gradual and continuous learning process. Children progress to the next level after individual evaluations. Classes run for 25 minutes with a maximum of 4 students per teacher. Classes with 2 or fewer students will be rescheduled.

SWIM LESSON DESCRIPTIONS

Little Ones with a Parent

Fairbanks South

This level introduces basic skills to parents and children, including safety topics.

- Parents - How to enter/exit the water and hold baby in water
- Blowing bubbles
- Underwater exploration
- Submersion
- Front and back floats and glides
- Rolling from front to back and back to front
- Bobbing and drafting while breathing
- Good beginning swim habits

Parent & Child

Preschool Aquatics 1 (Pre-K)

Fairbanks South

This level helps participants feel comfortable in the water and enjoy the water safely.

- Blowing bubbles and face submersion
- Navigating the wading pool
- Back and front floating and gliding basics
- Open eyes underwater and retrieve submerged objects
- Treading with arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Class etiquette and terminology
- Pool safety

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YOUTH ACTIVITIES FAIRBANKS

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- Download The Alaska Club App
- See the Member Support Desk

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FAIRBANKS YOUTH ACTIVITIES, CONTINUED

Preschool Aquatics 2 (Pre-K)

Fairbanks South

This level gives participants success with fundamental skills, such as floating and basic locomotion, and improves participants' coordination of simultaneous and alternating arm and leg actions.

- Bobbing
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Fully submerging and holding breath
- Front, jellyfish and tuck floats
- Back float and glide
- Change direction of travel while swimming on front or back
- Pool safety

Preschool
Level 2

Learn to Swim 1: Introduction to Water Skills

Fairbanks South

This level helps participants feel comfortable in the water.

- Blowing bubbles
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Gliding and floating
- Recover to a vertical position from a glide or float
- Roll from front to back and back to front
- Tread water using arm and hand action
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Water safety

Learn to
Swim
Level 1

Learn to Swim 2: Fundamental Aquatic Skills

Fairbanks South

This level gives participants success with fundamental skills.

- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action on back
- Water safety

Learn to
Swim
Level 2

Learn to Swim 3: Stroke Development

Fairbanks South

This level builds on the skills in Level 2 through additional guided practice in deeper water.

- Jumping and headfirst entry into the water
- Bobbing while moving toward safety
- Rotary breathing
- Survival and back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Water safety

Learn to
Swim
Level 3

Learn to Swim 4: Stroke Improvement

Fairbanks South

This level develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Water safety

Learn to
Swim
Level 4

Learn to Swim 5: Stroke Refinement

South, East

Provides further coordination and refinement of strokes.

- Shallow angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, side-stroke and butterfly
- Standard scull
- Water safety

Learn to
Swim
Level 5

PRIVATE SWIM LESSONS

Instruction is catered to individual skill development and needs. Contact the Aquatics Director at 458-1745 for details.



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YOUTH ACTIVITIES JUNEAU

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FAIRBANKS YOUTH ACTIVITIES, CONTINUED

SWIM TEAM

Ages 9-16. If you enjoy swimming and can competently swim 100 yards freestyle, 50 yards backstroke, 50 yards breaststroke, and can follow directions, then you have what it takes to join The Alaska Club's swim team. The swim team runs on a monthly basis with registration fees due by the first class of each month.

Swim Team

FAIRBANKS SWIM LESSON PRICES

Contact the Aquatics Director at 458-1745 for more information.

REGISTRATION & POLICIES

Registration must be done in person on designated registration days. Phone registrations are not accepted. Parents are responsible for checking class assignments, available at the Fairbanks South Member Support Desk.

Cancellations must be made no less than 3 days prior to the start of lessons if a refund or credit is to be made.

For questions, contact the Aquatics Director at 458-1745

JUNEAU YOUTH ACTIVITIES

These classes are **FEE BASED** for members & nonmembers.

Baby & Me

Juneau Valley. Ages 2 months to 3 years, with parent. FREE for members, nonmembers \$5. No registration required!



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ABOUT ADULT ACTIVITIES

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ABOUT ADULT GROUP FITNESS CLASSES

FREE FOR MEMBERS

Research shows that exercising in a group has enormous benefits. A class setting offers variety, friendly competition, a planned workout and motivating music so group participants enjoy themselves more and the time goes by quickly. In turn, exercise intensity and adherence is much higher for “groupies” because there’s an element of fun, energy and motivation built in.

Check out the [Fall Group Fitness Schedule online](#): get started right. We’ve got all your favorite classes, plus we’ve added more! Bring a friend or come meet new ones: it’s better together! For further information or assistance with registration, contact Janet Warner, 330-0115, jwarner@thealaskaclub.com.

FITNESS FAIR

Every 3rd Thursday of the month, the Fitness Fair is FREE for members and guests East, West, Club for Women, South, Eagle River & Wasilla Join us for a fun evening with The Alaska Club Fitness team!

- Foam rolling & flexibility demos
- Cardio coaching
- Fitness Q&A with Personal Trainers
- Healthy recipes & nutrition advice
- Personalized class recommendations
- Spa services information & assistance
- Fitness guidance & more

PERSONAL TRAINING

BE YOUR BEST.

Fitness Consultations

We are here to help you make a plan and reach your fitness goals. The best way for you to succeed is to meet with one of our experienced fitness managers to assess your fitness baseline and help you structure a program. A consultation consists of a review of your health and fitness goals, a variety of assessments and measurements, and a short demonstration of proper technique. [Request a consultation here.](#)

Meet Our Trainers

Benefit from instruction on proper exercise selection and technique by working with one of our personal trainers who can develop the right program for you. Our trainers are classified into three experience levels.

Advanced - National certification and less than a year of experience.

Expert - A degree and/or national certification, two+ years of experience.

Master - A degree, multiple national certifications, five+ years of experience.

Request a Personal Trainer

If your goals include economizing your workout time, improving posture, injury rehabilitation, improving flexibility, improving cardiovascular fitness, improving motivation, relieving stress, toning, improving strength, gaining or losing weight, strengthening bones, or sport-specific training, your workout could be improved with the help of a Personal Trainer.

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ANCHORAGE ADULT ACTIVITIES

NEW & FEATURED

Paddle Board Workshops

East, Thu. Sep. 15, 7pm, 7:45pm, 8:15pm
Learn the basics of this fun water sport. All equipment is provided.
\$25 members, \$50 nonmembers. Advance registration required:
contact the Member Support Desk or visit thealaskaclub.com.

POUND it out for ALS

South, Wednesday, September 21, 6pm
We're making a difference with POUND by getting a great workout
and helping find the cure for ALS. Instructor Quincy. Members and
nonmembers welcome. \$20 suggested donation.

AQUATICS See also: Tri-Sport Training

Private Swim Lessons

Instruction is catered to individual skill development and needs.
Lessons can only be made through The Alaska Club instructors.
Scheduled on demand. Members \$35, nonmembers \$45 for a 60
minute lesson. Register at any Member Support Desk or call your
club.

H₂O Cardio

East, South. Water workouts that focus on cardiovascular
conditioning with strength and
interval training. FREE for members, no sign-up required!

H₂O Combo

East. Shallow and deep water exercise for cardiovascular training.
FREE for members, no sign-up required!

Masters Swim

East, South. Swimming workouts focusing on endurance training
and improving technique for those with intermediate to advanced
swimming skills. FREE for members, no sign-up required!

Wave Running

East. Go off the deep end in this high-energy aqua jogging workout.
Get optimal cardio benefits with none of the impact. FREE for
members, no sign-up required!

DANCE

Couples Dance Lessons

West, Mondays, 8-9pm, ongoing dates. Other times and club
locations available by appointment.
Getting ready for that epic event? It could be your first dance as
a newly married couple, night life on a cruise, or attending a gala
fund raising event. Get your dance on with a private lesson. Marlis
can teach you Salsa, Ballroom, Waltz or Foxtrot. She can even
choreograph a dance for the song of your choice. Members \$20,
nonmembers \$50 per couple. Contact Janet Warner at jwarner@thealaskaclub.com to set up your private lesson.

Belly Dance

East, Fridays, Sep. 2, 9 16, 23, 30, 6:45-8pm
Instructor Brittney Mitchell. \$20 members, \$60 nonmembers.

GROUP FITNESS

FREE for members, no sign-up required!

AQUA

H₂O Cardio

East, South. Water workouts that focus on cardiovascular
conditioning with strength and interval training.

H₂O Combo

East. Shallow and deep water exercise for cardiovascular training.

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swimming skills.

Wave Running

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Get optimal cardio benefits with none of the impact.

CARDIO & CARDIO/STRENGTH COMBO

BOSU® Bootcamp South. Designed around
BOSU® balance trainers, this class includes athletic drills and
integrated balance training. The BOSU® is used dome side down
and dome side up. It's fun, it's challenging and it's a total body
workout for any fitness level.

Circuit Training

Downtown, West. The class you'll love to hate! A fast-paced workout for
muscular strength and endurance. Class may include intervals of cardio.

F.I.T.

East. FUNCTIONAL INTEGRATED TRAINING (F.I.T) is 60 minutes of
cardio, strength, core, balance & flexibility -- every aspect you need
in one workout!

GROUP ACTIVE

South, East. Group Active gives you all the fitness training you need
- cardio, strength, balance and flexibility - in just one hour. Get more
out of life - get active!

GROUP fight

South. Feel like a superhero in this challenging, athletic and
motivating workout. With high energy music, fantastic sound effects
and the latest MMA moves, it's a super fun way to train cardio and
total body strength.

INSANITY LIVE

East, South, West. Up your game and get the most insane results
ever in this cardio-based, total body conditioning program.

P90X LIVE

East, South, West. Get it all in one 50-60 minute workout: cardio,
strength and core. It's time to BRING IT.

NEW: POUND ROCKOUT. WORKOUT.

East, West, South. Channel your
inner rock star in this fusion of music and movement. Inspired by
the energizing sweat-dripping fun of playing the drums, POUND® is
a 45-minute total body cardio/strength jam session using lightly
weighted sticks (Ripstix.) Join us for POUND® and rock out your
workout! No drumming skills necessary. More classes will be added
in October.

Tabata on the BOSU®

South. Creative Tabata® drills (20 seconds of HIIT training followed
by 10 seconds of rest) using the BOSU®.

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ANCHORAGE ADULT ACTIVITIES, CONTINUED



West, South. Get hooked on the Turbo high! With kickboxing and body sculpting moves choreographed to the hottest music mixes, you'll get lean and toned and have a blast doing it!

CYCLE

Bikes and Beats

South, West. Bike to the beat of the music in this high-energy cycle party! With the lights dimmed low and the music pumping, our motivating instructors will DJ a varied and rockin' playlist that will inspire you to do your best, whether you're a biking newbie or seasoned cyclist. Feel the beat and move your feet: cycling has never been this much fun!

Know Your Numbers

South. Threshold Watt Rate (Power) Test. This guided test will help you individualize your true training wattage so you work efficiently and effectively. The test will take from 12-40 minutes to complete. Then, you'll finish out the hour with a short class ride. Held the first Thursday of every month. Oct. 6, Nov. 3, Dec. 1.

Performance Ride

South, West. This workout offers a more technical approach to group cycle but is fueled by fun and motivating music. Our experienced coaches will take you through a series of strategically planned training drills using power, speed and heart rate.



South, West. This 30-minute cycle workout is a time-efficient high calorie burn. Get in, get out, get on with your life.

DANCE

Cardio Dance

East, South. Dance-based cardio class with lots of energy and attitude. No dance experience needed and all levels welcome.



East, South, West. ZUMBA® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

MIND/BODY

NEW: Candlelight Yoga

South. Enjoy your yoga practice surrounded by serene candlelight and soothing music. You'll leave with a renewed sense of tranquility and peace.

Gentle Yoga

East. Yoga practice for those new on their journey, honoring health concerns, or seeking a more gentle approach to yoga.



South. Center your energy with Group Centergy. This class incorporates yoga, Pilates and Tai Chi with athletic training for balance, mobility, and core strength.

Pilates

East, South, West. Practice includes mat exercises for core conditioning using controlled movements and specific breathing techniques. Accommodates all levels from beginners to advanced.

Pilates on the Ball

West. Combines mat work with light weights, bands and body weight exercises for a total body workout. Emphasizes core strength with extra focus on arm and leg strengthening.



East, South. A fusion of pilates and yoga, this athletic total-body workout uses a constant flow of moves set to upbeat and empowering music to build stability, strength and flexibility.

Power Yoga

South, Downtown. Intense yoga practice using more strength and flexibility in each pose.

Restorative Yoga

West. Yoga to restore your natural physical and energy balances through deep relaxation and therapeutic postures.

Vinyasa Flow

West. A dynamic flow style of yoga where poses are connected through the breath to build heat, endurance, flexibility and strength.

Warm Flow Yoga

East. Yoga practice with a flowing sequence of postures taught in a warm room (70-75 degrees).

Yoga

East, South, West, Downtown. Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

Yoga Basics

South. Learn the foundations of yoga in this introductory class.

STEP



East, South, West. Blast off your workout in this athletic cardio class using the step. Group Blast will get your heart pounding and sweat pouring as you improve your fitness agility, coordination and strength.



West. A slightly shortened version of Group Blast so that you can get in, get out and get on with your day.



South. NYMS: this is Not Your Mama's Step class! Take your favorite fitness party to new heights with the perfect blend of the ZUMBA® routines combined with toning and strengthening for your legs and glutes on the step.

STRENGTH TRAINING

NEW: Ballet Barre and Stretch

South. This ballet-inspired workout uses isometric or small, concentrated movements to create lean dense musculature and movement control. You'll work the entire body with extra attention to the core, hips and thighs. Appropriate for all levels.

Barre Fit

South, West. This total body workout uses light dumbbells, bodyweight work and leg lifts at the barre to increase postural strength, alignment and flexibility. Muscles will quiver!

BOSU® Core

South. Concentrated core conditioning using the BOSU® balance trainers. Designed to improve core strength and endurance, the BOSU® adds another level of intensity. Both fun and functional.

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ANCHORAGE ADULT ACTIVITIES, CONTINUED

NEW: Glutes and Guts

East. This resistance workout focuses on specific muscle groups to give you a hard core and a rock bottom!

POWER

East, South, West, Downtown. Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power will push you to your personal best.

Hard Core

South, West. Need to add the finishing touches to your strength and cardio workouts? This class will strengthen your core, abs, low back and more.

MARTIAL ARTS

Aikido

Downtown, Wednesdays, 6-7pm, Saturdays 11am-12pm, ongoing dates. Ages 14+. Explore this unique Japanese martial art that promotes peace and harmony. Instructors Rachalle & Derek Reynolds. \$20/month members, \$50/month nonmembers.

RACQUETBALL

All players on the court must be racquetball or tennis members or have paid a racquetball guest fee. Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account. Gold Fitness members have walk-on privileges. Court time is one hour long, beginning on the hour or half hour. **For more information about racquetball rules, tournaments, or programs, contact:** Marrisma Lemamea, 330-0131.

TENNIS LESSONS & LEAGUES

Private lessons are available now. Register at thealaskaclub.com. Anchorage league play is currently in session. If you want to be a part of a team, please contact Jimmy Kayongo at 330-0163 or jkayongo@thealaskaclub.com.

WELLNESS

Meal Planning

West, Thursday September 15, 6-7pm
Presented by Elize Rumsley, PhD Nutrition, RD.
Get back into the routine with a strong plan for healthy meals. \$10 members, \$15 nonmembers.

Meal Prep

Wasilla, Thursday, September 21, 6-7pm
Presented by Alexa Pullen, Nutritionist and Certified Personal Trainer. Learn the fundamentals of meal prep to maximize your fitness results with your nutrition program. \$10 members, \$15 nonmembers.

Foam Rolling

Monday, September 26
SOUTH: 11:30am-12:30pm
WEST: 1:15-2:15pm
EAGLE RIVER: 10-10:45am
WASILLA: 11:30am-12:15pm
Learn the fundamentals of foam rolling to improve your recovery and performance.
\$10 members, \$15 nonmembers per session.

EAGLE RIVER ADULT ACTIVITIES

AQUATICS

Private Swim Lessons

Instruction is catered to individual skill development and needs. Lessons can only be made through The Alaska Club instructors. Scheduled on demand.
Members \$35, nonmembers \$45 for a 60 minute lesson.
Register at any Member Support Desk or call your club.

GROUP FITNESS Class Descriptions

AQUATICS

Aqua Bootcamp

The resistance of water will help you ramp up your cardio in this bootcamp-style aqua class.

Masters Swim

Swimming workouts focusing on endurance training and improving technique for those with intermediate to advanced swimming skills.

CARDIO & CARDIO/STRENGTH COMBO

BOSU® Bootcamp

Designed around BOSU® balance trainers, this class includes athletic drills and integrated balance training. The BOSU® is used dome side down and dome side up. It's fun, it's challenging and it's a total body workout for any fitness level.

Peak Physique

High-intensity total body workout using bars, bands, body weight and more. Exercises are done at various tempos to tap into both fast and slow twitch muscle fibers. Bring some tape: you're gonna get ripped!

Peak Physique Plus

This circuit-style class incorporates all your favorite exercises and training tools used in Peak Physique plus more tools from the trainer toolbox: TRX, Kettlebells, med balls and more.

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EAGLE RIVER ADULT ACTIVITIES, CONTINUED

CYCLE

Bikes and Beats

Bike to the beat of the music in this high-energy cycle party! With the lights dimmed low and the music pumping, our motivating instructors will DJ a varied and rockin' playlist that will inspire you to do your best, whether you're a biking newbie or seasoned cyclist. Feel the beat and move your feet: cycling has never been this much fun!

Performance Ride

South, West. This workout offers a more technical approach to group cycle but is fueled by fun and motivating music. Our experienced coaches will take you through a series of strategically planned training drills using power, speed and heart rate.

Ripped Ride

This all-in-one workout offers the cardio energy and fun of group cycling PLUS some body boosting resistance moves using bands and body weight.



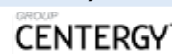
This 30-minute cycle workout is a time-efficient high calorie burn. Get in, get out, get on with your life.

DANCE



ZUMBA® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

MIND/BODY



Center your energy with Group Centergy. This class incorporates yoga, Pilates and Tai Chi with athletic training for balance, mobility, and core strength.

Pilates

Practice includes mat exercises for core conditioning using controlled movements and specific breathing techniques. Accommodates all levels from beginners to advanced.

Yoga

Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

STRENGTH TRAINING

NEW: Ballet Barre and Stretch

South. This ballet-inspired workout uses isometric or small, concentrated movements to create lean dense musculature and movement control. You'll work the entire body with extra attention to the core, hips and thighs. Appropriate for all levels.



Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power will push you to your personal best.

TRX Bootcamp

More advanced than TRX Circuit, TRX Bootcamp takes your TRX training up a level. This workout system leverages gravity and your body weight in a variety of ways to challenge your strength and coordination for a full body burn.

TRX Circuit

Make your body your machine with the help of the TRX suspension trainers. This workout system leverages gravity and your body weight in a variety of ways for a full-body burn.

RACQUETBALL

All players on the court must be racquetball or tennis members or have paid a racquetball guest fee. Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account. Gold Fitness members have walk-on privileges. Court time is one hour long, beginning on the hour or half hour. For more information about racquetball rules, tournaments, or programs, contact Marris Lemamea at 330-0131.

WASILLA/PALMER ADULT ACTIVITIES

AQUATICS

Private Swim Lessons

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GROUP FITNESS

Class Descriptions

AQUA

Aqua Boot Camp

Wasilla. The resistance of the water will help you ramp up your cardio in this boot camp style aqua class.

Aqua Fit

Wasilla. Water workouts designed for the mature adult or anyone who wants to increase cardio and strength with minimal impact to the joints.

CARDIO & CARDIO/STRENGTH COMBO

Body Shred

Wasilla. The perfect mix of cardio and strength for a full body workout.

Bootcamp Challenge

Wasilla. Prepare to sweat in this bootcamp style workout. It's fun, challenging, and accomodates all fitness levels.



Wasilla. Blast off your workout with highly effective, athletic cardio using the step. Group Blast will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength.

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QUICK REFERENCE

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ADULT ACTIVITIES FAIRBANKS

For group fitness schedules:

- Visit thealaskaclub.com
- Download The Alaska Club App
- See the Member Support Desk

thealaskaclub.com

WASILLA/PALMER ADULT ACTIVITIES, CONTINUED



Wasilla, Palmer. ZUMBA® exercise classes are “fitness parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

CYCLE

Bikes and Beats

Wasilla. Bike to the beat of the music in this high-energy cycle party! With the lights dimmed low and the music pumping, our motivating instructors will DJ a varied and rockin’ playlist that will inspire you to do your best, whether you’re a biking newbie or seasoned cyclist. Feel the beat and move your feet: cycling has never been this much fun!

Cycle Express

Wasilla. This 30-minute cycle workout is a time-efficient calorie burn. Get in, get out, get on with your life.

Performance Ride

Wasilla. This workout offers a more technical approach to group cycle but is fueled by fun and motivating music. Our experienced coaches will take you through a series of strategically planned training drills using power, speed and heart rate.

Ripped Ride

This all-in-one workout offers the cardio energy and fun of group cycling PLUS some body boosting resistance moves using bands and body weight.

MIND/BODY

NEW: Candlelight Yoga

Wasilla. Enjoy your yoga practice surrounded by serene candlelight and soothing music. You’ll leave with a renewed sense of tranquility and peace.



Wasilla. A music-driven class which fuses yoga, Pilates and tai chi. An uplifting way to increase strength, flexibility and relaxation—all in one hour.

Pilates

Palmer. Practice includes mat exercises for core conditioning using controlled movements and specific breathing techniques.

Accommodates all levels from beginners to advanced.



Wasilla. A fusion of pilates and yoga, this athletic total-body workout uses a constant flow of moves set to upbeat and empowering music to build stability, strength and flexibility.

X Yoga

Wasilla, Palmer. Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

STRENGTH TRAINING



Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power will push you to your personal best.

RACQUETBALL

All players on the court must be racquetball or tennis members or have paid a racquetball guest fee, except at Wasilla. Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account. Gold Fitness members have walk-on privileges. Court time is one hour long, beginning on the hour or half hour. Must be a member to reserve a court. For more information about racquetball rules, tournaments, or programs, contact MARRISA LEMAMEA, 330-0131.

FAIRBANKS ADULT ACTIVITIES

NEW & FEATURED

Food Prep Seminar

Fairbanks South Cafe

Sat. Sept. 17 @ 11:10am-12:10pm

Instructor TBA

Create 5 decadent meal kits to take and make at home.

Space is limited to 10: sign up at the Member Support Desk.

\$20 members, \$25 nonmembers.

Prenatal Yoga

Fairbanks South Group Fitness Studio

Fridays 4:15-5:15pm, ongoing dates

No registration required! FREE for members, \$15 nonmembers



Fairbanks South Group Fitness Studio

Mon/Wed/Fri 5:45-6:45pm, ongoing dates

Get it all in one 50-60 minute workout: cardio, strength and core.

It's time to BRING IT. No registration required!

FREE for members, \$15 nonmembers

AQUATICS

Private Swim Lessons

Instruction is catered to individual skill development and needs.

Lessons can only be made through The Alaska Club instructors.

Scheduled on demand. Members \$35, nonmembers \$45 for a 60 minute lesson. Contact our Reservation Specialist at 365-7393 for more information.

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- Download The Alaska Club App
- See the Member Support Desk

thealaskaclub.com

FAIRBANKS ADULT ACTIVITIES, CONTINUED

GROUP FITNESS

Virtual Classes Now at Fairbanks West

At Fairbanks West, choose from a huge selection of virtual Group Fitness classes. Visit the Member Support Desk for details.

Class Descriptions

AQUA

Aqua Aerobics

Fairbanks South. Water workouts that focus on cardiovascular conditioning with strength and interval training.

Aqua Tone

Fairbanks South. Strength training using water resistance, bands, and barbells. High intensity, no impact.



Fairbanks South. This is the “pool party” workout. Effective and challenging water-based workouts that integrate the ZUMBA® formula and philosophy into traditional aqua fitness disciplines.

CARDIO

Cardio Kickboxing

Fairbanks South. With Cardio Kickboxing and body sculpting moves choreographed to the hottest music. You'll get lean and toned and have a blast while doing it. Cardio kickboxing is high energy, fast paced and totally addicting.



Fairbanks South. Get your Ride On with Group Ride! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

Studio Cycle

Fairbanks South. Cardiovascular training using cycling drills and skills.



Fairbanks South. Blast off your workout with highly effective, athletic cardio using the step. Group Blast will get your heart pounding and sweat pouring as you improve your fitness agility, coordination and strength.

MIND/BODY

Core Yoga

Fairbanks South. This vinyasa based class strengthens your core and improves stability while also finding flexibility and openness. Core/Yoga is challenging for all fitness levels.



Fairbanks South. A music-driven class which fuses yoga, Pilates and tai chi. An uplifting way to increase strength, flexibility and relaxation -- all in one hour.



Wasilla. A fusion of pilates and yoga, this athletic total-body workout uses a constant flow of moves set to upbeat and empowering music to build stability, strength and flexibility.

Power Yoga

Fairbanks South. Intense yoga practice using more strength and flexibility in each pose.

Yoga

Fairbanks South, West. Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

SPECIALTY



Fairbanks South, West. Up your game and get the most insane results ever in this cardio-based, total body conditioning program.

Kettle Bell

Fairbanks South. Strength training class utilizing kettle bells. Learn to feel strong inside and out. In this class you will strengthen your glutes, stretch your hip flexors, learn to brace your spine, reduce the odds of arthritis, benefit your back and strengthen your core.



Fairbanks South. ZUMBA® exercise classes are “fitness parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

STRENGTH & ENDURANCE TRAINING

Core Strength

Fairbanks South, West. This workout integrates movements involving stabilization, balance and coordination to strengthen your entire body, including your abs, back and glutes.



Fairbanks South, West. Group Power is your hour of power! This barbell program is a high-energy workout that strengthens all your major muscles using exercises from traditional strength training. Group Power is a simple, fun and effective way to resistance train.



Fairbanks South, West. Get it all in one 50-60 minute workout: cardio, strength and core. It's time to BRING IT.

RACQUETBALL

All players on the court must be racquetball or tennis members or have paid a racquetball guest fee. Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account. Gold Fitness members have walk-on privileges. Court time is one hour long, beginning on the hour or half hour. For more information about racquetball rules, tournaments, or programs, contact Bonni Brooks at 452-1777.

TENNIS LESSONS & LEAGUES

Private lessons are available now. Register at thealaskaclub.com. Fairbanks South features tennis lessons and leagues, and we're actively growing our tennis program. For more information about tennis in Fairbanks, contact Carol Woodard at 978-4927.

Fall Tennis Tournament

Fairbanks South. Fri. Sept. 2 @ 5-9pm, Sat. Sept. 3 @ 8:30am-1pm & 3-8:30pm. Singles and doubles, 8 game pro set, with regular scoring. First to 8 by 2 games wins (a 7 point tiebreaker played at 8-8). \$15 members, \$20 nonmembers. Register at the Member Support Desk. Entry deadline: August 31

WELLNESS

Food Prep Seminar

Fairbanks South Cafe. Sat. Sept. 17 @ 11:10am-12:10pm
Instructor TBA. Create 5 decadent meal kits to take and make at home. Space is limited to 10: sign up at the Member Support Desk. \$20 members, \$25 nonmembers.

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ADULT ACTIVITIES JUNEAU

For group fitness schedules:

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- See the Member Support Desk

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JUNEAU ADULT ACTIVITIES

GROUP FITNESS

Class Descriptions

CARDIO

Cardio Dance

Juneau Downtown. An easy to follow cardio workout incorporating fun dance moves of many styles for a calorie-burning good time sure to spice up your day. All levels welcome and no experience required.

GROUP BLAST

Juneau Downtown, Valley. Blast off your workout with highly effective, athletic cardio using the step. Group Blast will get your heart pounding and sweat pouring as you improve your fitness agility, coordination and strength.

GROUP fight

Juneau Valley. Feel like a superhero in this challenging, athletic and motivating workout. With high energy music, fantastic sound effects and the latest MMA moves, it's a super fun way to train cardio and total body strength.

U-JAM Fitness

Juneau Valley. An addictive workout that fuses the hottest world beats with unique and pre-designed choreography that will make you move, sweat, and smile. Lace up your kicks and let the music drive you!

INSANITY LIVE

Juneau Downtown, Valley. Up your game and get the most insane results ever in this cardio-based, total body conditioning program.

CYCLE

Group Cycle

Juneau Downtown, Valley. Cardiovascular training using cycling drills and skills.

GROUP RIDE

Juneau Valley, Downtown. Get your Ride On with Group Ride! Group Ride is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

R30 CYCLE

Juneau Valley. Get fitter in only 30 minutes with R30. It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness with surges, short intervals, power, and end with a rush.

Training Wheels

Juneau Valley. Don't be afraid to jump on the bike in this fun 10 week indoor cycling class, where the lights are dim and the music is jamming. Designed for beginners and seasoned cyclists alike, this class will really have you working up a sweat! Nonmembers \$10.

STRENGTH & ENDURANCE TRAINING

AWESOME Abs

Juneau Downtown, Valley. Specialty 30-minute class designed to strengthen your core for better function with every activity.

BOSU® Bootcamp

Whole body workout using the BOSU® balance trainers. Designed to improve core strength and endurance, the BOSU® adds another level of intensity. Both fun and functional.

GROUP POWER

Juneau Downtown, Valley. Group Power is your hour of power! This barbell program is a high-energy workout that strengthens all your major muscles using exercises from traditional strength training. Group Power is a simple, fun and effective way to resistance train.

Power Circuit

Juneau Valley. A varied, fun interval training class that alternates cardio and weights in a circuit style. Drills for agility, strength and balance are blended with cardio intervals to help burn fat while you are building muscle.

DANCE

Dance Fusion

Juneau Valley. This class features a combo of dance styles with Latin and world rhythms.

Dance Party

Juneau Valley. Get your heart rate up with a mix of hip hop, UJAM and Latin world beats.

Family ZUMBA®

Juneau Valley. Fitness dance party for ages 6 to 106!

ZUMBA®

Juneau Downtown, Valley. Zumba® exercise classes are "fitness parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

MIND/BODY

Gentle Yoga

Juneau Downtown. A gentle approach to yoga practice focusing on flexibility, core strength and stress reduction.

GROUP CENTERGY®

Juneau Valley. A music-driven class which fuses yoga, Pilates and tai chi. An uplifting way to increase strength, flexibility and relaxation -- all in one hour.

Yoga

Juneau Downtown, Juneau Valley. Yoga practice in a flowing presentation with modifications. Designed to increase muscle endurance, strength, flexibility and relaxation.

RACQUETBALL

All players on the court must be racquetball or tennis members or have paid a racquetball guest fee. Court users must check in for their court at the Member Support Desk before playing, or a \$15 no show fee will be charged to account. Gold Fitness members have walk-on privileges. Court time is one hour long, beginning on the hour or half hour. For more information about racquetball rules, tournaments, or programs, contact Russell Stevens, 364-4305.

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FAMILY ACTIVITIES

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ANCHORAGE

9-11 Step Mill Challenge

West, Sunday, September 11, 10am-1pm
In full turnouts, local area fire fighters will compete against the clock to see how many stairs they can climb in just 11 minutes. All donations go to the Fallen Fighters Fund. Spectators can donate in advance at the Member Support Desk, put cash in the boot at the event, or make a contribution from their account. Come out and cheer them on, or catch the action on our live stream at thealaskaclub.com.

Family Fun Night - East, South

Join us for a night full of games, activities, and crafts the whole family can enjoy, FREE for members and guests!

- Every 3rd Wednesday of the month:
- September 21, October 19, November 16, December 21
- South · 5-8pm, East · 5-8pm

Family Track Time

East: Tue/Thu 1-4pm, Saturdays 2-4pm

Open Gym - East, South, West

Basketballs are available to borrow. The gymnasium closes 15 minutes prior to the posted facility closing time. The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club. Find schedules at thealaskaclub.com or any Member Support Desk.

Open Swim - East, South

Find pool schedules at thealaskaclub.com or The Alaska Club app.

EAGLE RIVER

Family Fun Night

Join us for a night full of games, activities, and crafts the whole family can enjoy, FREE for members and guests!

- Every 3rd Wednesday of the month:
- September 21, October 19, November 16, December 21
- 5-8pm

Family Track Time

Tuesdays 12-2pm, Thursdays 6-8pm, Fridays 2-5pm

Open Gym

Basketballs are available to borrow. The gymnasium closes 15 minutes prior to the posted facility closing time. The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club. Find schedules at thealaskaclub.com or any Member Support Desk.

Open Swim

Find pool schedules at thealaskaclub.com or The Alaska Club app.

WASILLA

Family Fun Night

Join us for a night full of games, activities, and crafts the whole family can enjoy, FREE for members and guests!

- Every 3rd Wednesday of the month:
- September 21, October 19, November 16, December 21
- 5-8pm

Open Gym

Basketballs are available to borrow. The gymnasium closes 15 minutes prior to the posted facility closing time. The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club. Find schedules at thealaskaclub.com or any Member Support Desk.

Open Swim

Find pool schedules at thealaskaclub.com or The Alaska Club app.

FAIRBANKS SOUTH

Family Fun Night

Join us for a night full of games, activities, and crafts the whole family can enjoy, FREE for members and guests!

- Every 3rd Wednesday of the month:
- September 21, October 19, November 16, December 21
- 5-8pm

Open Gym

Basketballs are available to borrow. The gymnasium closes 15 minutes prior to the posted facility closing time. The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club. Find schedules at thealaskaclub.com or any Member Support Desk.

Open Swim

Find pool schedules at thealaskaclub.com or The Alaska Club app.

JUNEAU VALLEY

Family Fun Night

Join us for a night full of games, activities, and crafts the whole family can enjoy, FREE for members and guests!

- Every 3rd Wednesday of the month:
- September 21, October 19, November 16, December 21
- 4-7pm

Family **ZUMBA**

Juneau Valley. Thursdays, 7:15-8:15pm, beginning November 3. Fitness dance party for ages 6 to 106!

Open Gym

Basketballs are available to borrow. The gymnasium closes 15 minutes prior to the posted facility closing time. Note: The gym schedule may be altered to accommodate activities and camps sponsored by The Alaska Club. Find schedules at thealaskaclub.com or any Member Support Desk.

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CERTIFIED PERSONAL TRAINING ACADEMY

EAST PT ACADEMY

East Conference Room

Dates and times ongoing. Next session TBA.

Members \$275, nonmembers \$325

16 In-club sessions including lecture and practical CPR training and certification. Online program includes web-based lectures and online PT Certification Exam (Accredited Certification)

The PT Academy is a 8 week long preparation course for an exciting career as a Personal Trainer. The course provides the education and practical skills you will need to begin your journey. From anatomy to program design to nutrition, we cover many aspects of the foundational knowledge you will need. To register, visit thealaskaclub.com/personal-training-academy or contact David Matthys, Network Personal Training Director, at [330-0193](tel:330-0193) or dmatthys@thealaskaclub.com.

GROUP FITNESS INSTRUCTOR TRAINING

GROUP FITNESS ACADEMY

Dates & times ongoing. Next session TBA.

Learn the fundamentals of leading a group fitness class.

Includes online program and in-club one day workshop.

Members \$99, nonmembers \$125

To register, contact Janet Warner at jwarner@thealaskaclub.com or [330-0115](tel:330-0115).



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MEMBER ACCOUNTING

330-0102
Mon-Fri 7am-6pm
Saturday 9am-1pm

RESERVATION SPECIALIST

365-7393
Mon-Fri 9am-1pm
2-6pm
Sat-Sun 10am-3pm

EAST ANCHORAGE

337-9550
5201 East Tudor Road
Anchorage, AK 99507

WEST ANCHORAGE

264-2720
1400 W Northern Lights Blvd
Anchorage, AK 99503

SOUTH ANCHORAGE

344-6567
10931 O'Malley Centre Dr.
Anchorage, AK 99515

THE SUMMIT

365-7300
11001 O'Malley Centre Dr.
Anchorage, AK 99515

DOWNTOWN

274-4232
701 West 8th Ave., Suite 100
Anchorage, AK 99501

EAGLE RIVER

694-6677
12001 Business Blvd.
Eagle River, AK 99577

PALMER

746-3305
12051 E Palmer-Wasilla Hwy
Palmer, AK 99645

WASILLA

376-3300
1720 E Parks Hwy
Wasilla, AK 99654

FAIRBANKS SOUTH

452-6801
747 Old Richardson Highway
Fairbanks, AK 99701

FAIRBANKS WEST

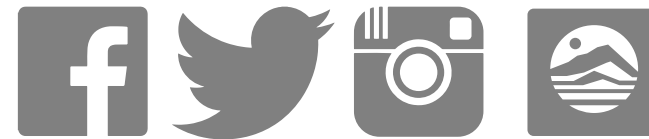
458-1777
575 Riverstone Way, Unit #3
Fairbanks, AK 99701

JUNEAU VALLEY

789-2181
2841 Riverside Drive
Juneau, AK 99801

JUNEAU DOWNTOWN

586-5773
641 West Willoughby Ave., Suite #210
Juneau, AK 99801



For more information or to register for a class visit thealaskaclub.com or download The Alaska Club App, available for Android and iPhone.

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