



THE ALASKA CLUB

**JANUARY TO
MARCH 2017
ACTIVITY GUIDE**

WHAT'S INSIDE



THE ALASKA CLUB
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, Juneau 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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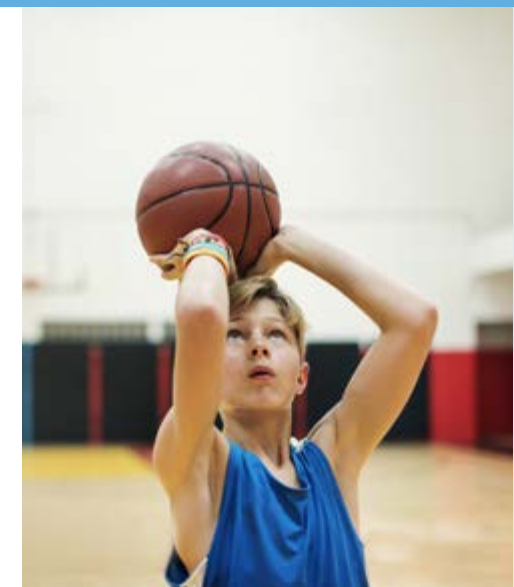
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ABOUT YOUTH ACTIVITIES

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



THE ALASKA CLUB
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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 [Winter 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 CAMPS

Winter Fun Camps

East, South, Eagle River

The Alaska Club Winter Fun Camp offers healthy, active fun, creative activities, swimming, and a variety of sports to keep children moving all break long! All camps are from 9am-4pm. Week-long camps (Spring Break) will have the option of before/after care at additional cost.

Available Camps:

Martin Luther King Jr. Day Camp (January 16)
President's Day Camp (February 20)
In-Service Day Camp (February 24)
In-Service Day Camp (March 10)
Spring Break Camp (March 13-17)

Member Pricing:

\$60 for Martin Luther King Jr. Day, President's Day & In-Service
\$179 for Spring Break and Winter Camps (each week)

Nonmember Pricing:

\$70 for Martin Luther King, President's Day & In-Service
\$199 for Spring Break and Winter Camps (each week)

Add lunch for an additional \$7 per day. Register 2+ weeks in advance for \$10 off your enrollment!

To Register:

Visit thealaskaclub.com/winterfuncamp or call our Reservation Specialist at 365-7393. After enrollment, be sure fill out the Registration Packet, also available at thealaskaclub.com/winterfuncamp, which is required to participate.

*Camp is for children ages 5-12: child must have completed or be enrolled in Kindergarten to participate. *DCA payment is accepted for licensed The Alaska Clubs. **The Alaska Club East and South are licensed by the Municipality of Anchorage.*

YOUTH GROUP FITNESS CLASSES

These classes are **FREE** for members!

ExpressWay Teens

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

Family Pilates

South. Ages 8 and up (under 13 must be accompanied by a parent/guardian.) Core conditioning and breathing for youth and adults.

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.

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YOUTH ACTIVITIES ANCHORAGE

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ANCHORAGE YOUTH ACTIVITIES CONTINUED

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

YOUTH DANCE

Tap Dance

South Group Fitness Studio 1
Mondays, 7-7:45pm, ongoing dates. Instructor Belva-Jo Congdon.
Tap dance for ages 5-7.
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 1
Mondays, 6-6:45pm, ongoing dates
Members only, \$10 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.

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.

- 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)

South, East
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)

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.

- 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

Preschool Aquatics 3 (Pre-K)

South, East
Builds on the skills in Preschool Aquatics 2 through additional guided practice in deeper water.

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

Preschool Level 3

Learn to Swim 1: Introduction to Water Skills

South, East
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

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YOUTH ACTIVITIES ANCHORAGE

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ANCHORAGE YOUTH ACTIVITIES, CONTINUED

Learn to Swim 2: Fundamental Aquatic Skills

South, East

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

South, East

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

South, East

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 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

Learn to Swim
Level 5

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, register online at thealaskaclub.com/pools, or email 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.

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YOUTH ACTIVITIES

EAGLE RIVER

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EAGLE RIVER YOUTH ACTIVITIES

YOUTH GROUP FITNESS, DANCE & MARTIAL ARTS CLASSES

These classes are **FREE** for members:

Family Track Time

Ages 6 and up with parent/guardian.

Kardio Kids

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

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

Cheer Dance

Group Fitness Studio, Saturdays, Jan. 28, Feb. 4, 11, 18, 2-3pm
Cheer dance for ages 6-10. Instructor Katie Schoff.
Members \$35, nonmembers \$65 for 4 sessions.

Tae Kwon Do

Group Fitness Studio, Mondays and Fridays at 11am or 6pm
Martial arts for ages 6-12. Instructor Senior Master Hughes.
Members \$35, nonmembers \$55/month.

Tiny Tigers

Group Fitness Studio, Fridays at 10:15am or 5pm
Tai Kwon Do for ages 3-5. Instructor Senior Master Hughes.
Members \$10, nonmembers \$30/month.

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

Preschool Aquatics 3 (Pre-K)

Builds on the skills in Preschool Aquatics 2 through additional guided practice in deeper water.

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

Preschool Level 3

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

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YOUTH ACTIVITIES

EAGLE RIVER

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EAGLE RIVER YOUTH ACTIVITIES, CONTINUED

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

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

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thealaskaclub.com/pools, or aquatics@thealaskaclub.com

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WASILLA & PALMER

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WASILLA & PALMER YOUTH ACTIVITIES

YOUTH GROUP FITNESS, DANCE & MARTIAL ARTS CLASSES

Jr. Jam

Wasilla Gym. Ages 6-12. A variety of youth fitness and sport.
FREE for members, \$15 nonmembers. No registration required!

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

Tap Dance for Beginners

Wasilla Theater
Thursdays, 5:45-6:30pm, ongoing dates. Instructor Nikki Egbert.
Tap dance instruction for those new to tap, ages 6-13.
Members \$40, nonmembers \$60 per month.

Tae Kwon Do

Wasilla Gym
Tue/Thu 7-8pm, ongoing dates. Instructor Senior Master Hughes.
Ages 6-12. Martial arts programming.
Members \$35, nonmembers \$55 per month.

Tiny Tigers

Wasilla Gym
Saturdays, 10:30-11:30am. Instructor Senior Master Hughes.
Ages 3-5. Tae Kwon Do program for youth.
Members \$35, nonmembers \$55 per month.

ZUMBA® Kids

Wasilla Theater
Saturdays, 10:30-11:30am. Starts Jan. 14.
ZUMBA® exercise classes are "fitness parties" that blend upbeat
world rhythms with easy-to-follow choreography. Instructor TBA.
Members \$40, nonmembers \$60 per month.

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

Parent &
Child

Preschool
Level 1

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

Preschool
Level 2

Preschool Aquatics 3 (Pre-K)

Wasilla

Builds on the skills in Preschool Aquatics 2 through additional guided practice in deeper water.

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

Preschool
Level 3

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

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WASILLA & PALMER

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WASILLA & PALMER YOUTH ACTIVITIES, CONTINUED

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
Level 2

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
Level 3

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
Level 4

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

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.

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.

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YOUTH ACTIVITIES FAIRBANKS

For group fitness schedules:

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



THE ALASKA CLUB
thealaskaclub.com

FAIRBANKS YOUTH ACTIVITIES

YOUTH GROUP FITNESS CLASSES

These classes are **FREE** for members.

NEW: Play of the Day

Fairbanks South Gym

Tue/Thu time TBA, ongoing dates

Game focused activities like basketball, hockey, tennis, and even pickleball! No registration required! FREE for members, \$15 nonmembers.

NEW: The Gauntlet

Fairbanks South Pool

Date and time TBA, ongoing dates

A floating obstacle course for children ages 6+.

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

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.

Kids Dance Jam

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

FREE for members, \$15 nonmembers.

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

Fairbanks South

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

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

Parent & Child

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

Preschool Aquatics 3 (Pre-K)

Wasilla

Builds on the skills in Preschool Aquatics 2 through additional guided practice in deeper water.

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

Preschool Level 3

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

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YOUTH ACTIVITIES

FAIRBANKS & JUNEAU

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- See the Member Support Desk



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FAIRBANKS YOUTH ACTIVITIES, CONTINUED

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

Provides further stroke coordination and refinement.

- Shallow angle dive from the side, 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

JUNEAU YOUTH ACTIVITIES

Baby & Me

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

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PRIVATE SWIM LESSONS

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

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.

ABOUT ADULT ACTIVITIES

For group fitness schedules:

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



THE ALASKA CLUB
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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 [Winter 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

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.

TEAM TRAINING

Expert coaching, motivation and results for all fitness levels

Available at South, West, East, Eagle River, Wasilla and coming soon to Downtown. Unlimited Team Training is FREE with all Personal Training packages and can be added on to any fitness membership for \$69 per month. To sign up, visit any Member Support Desk or contact a Reservation Specialist at 365-7393.

TEAM TRAINING is sure to keep you ENGAGED while giving you the kick-in-the-pants you need! It CHALLENGES MIND & MUSCLE with full-body interval training. Our state-of-the-art equipment and certified COACHES will MAXIMIZE your CALORIE BURN and FUNCTIONAL STRENGTH development.

Session Descriptions

Foundations

Establish proper movement and a base level of conditioning with a challenging, full-body program that will ensure that you avoid injury, make progress at your pace and begin the path to success.

Afterburn

This ultimate workout includes both cardio and strength training. You will burn up to 1,000 calories an hour and continue to burn calories up to 48 hours after your workout.

Industrial strength

This program combines old-school tools with modern science to provide you with the fastest path to better strength and conditioning. Work with heavier loads and fewer reps to develop a stronger, slimmer and more athletic body.

THE ALASKA CLUB
TEAM TRAINING

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THE ALASKA CLUB
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ANCHORAGE ADULT ACTIVITIES

NEW CLASS LAUNCHES

New moves and music for all your favorite Mossa group fitness classes launch on Super Saturday, January 21:



AQUATICS & TRI SPORT

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 contact a Reservation Specialist at 365-7393.

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!

Swim Clinics

East
Sundays, 8-9:30am, January 22, February 26, March 26
Improve your technique and conditioning training for tri sport performance. Instructor Lisa Wilson. Members \$10, nonmembers \$25 per session; included with West Tri Sport training group. Register at thealaskaclub.com, at any Member Support Desk or contact a Reservation Specialist at 365-7393.

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, Jan. 13, 20, 27, Feb. 3, 6:30-7:30pm
Instructor Brittney Mitchell. Instruction on the techniques of middle eastern dance (belly dance). Members \$25, nonmembers \$60 for 4 sessions. For more details, contact Janet Warner 330-0115 or jwarner@thealaskaclub.com.

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.

Masters Swim

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

Wave Running

East. Go off the deep end in this high-energy aqua jogging workout. 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!

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ANCHORAGE ADULT ACTIVITIES, CONTINUED

GROUP FITNESS



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.



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



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



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.



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

Rhythm Ride

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!

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

South. 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.



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

DANCE

Dance Cardio

East. 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.



East, South. Kick it up a notch in this brand new format. All your favorite ZUMBA moves with some extra muscle conditioning.

MIND/BODY

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.



West. A strength-building yoga class that focuses on muscle toning and core strengthening.

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ANCHORAGE ADULT ACTIVITIES, CONTINUED

GROUP FITNESS

STEP

GROUP **BLAST**

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.

GROUP * **BLAST EXPRESS**

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

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 Strength

South, West. This 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. Both fun and functional, this workout is concentrated core conditioning using the BOSU® balance trainers. Designed to improve core strength and endurance, the BOSU® adds another level of intensity.

Glutes and Guts

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

GROUP **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

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. 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.

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, 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

Restart Your Nutrition - West

Monday sessions: 6-7:30pm, Jan. 16, 23, 30, Feb. 6, 13
Wednesday sessions: 10-11:30am, Jan. 18, 25, Feb. 1, 8, 15
Restart is a nutritional program to decrease or eliminate sugar and grains from your diet. You'll be guided on how to prep for this change, the benefits you'll feel from participating, and the tools to continue for life. Members \$139, nonmembers \$169 for 5 sessions. Register at the Member Support Desk or contact Janet Warner at jwarner@thealaskaclub.com.

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EAGLE RIVER

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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!



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.

H.I.I.T. It

Full body workout using intervals of work and recovery.

CYCLE

Rhythm Ride

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 so fun!

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. Threshold Watt Rate test held every first Thursday of the month.

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

GROUP CENTERGY®

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

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.

Bootcamp

Bootcamp style class for a total body workout.

GROUP POWER®

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.

Strictly Strength

Traditional strength training workout. Learn how to lift and experience the benefits of strength training.

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 Marrisa Lemamea at 330-0131.

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ADULT ACTIVITIES

WASILLA & PALMER

For group fitness schedules:

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


THE ALASKA CLUB
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WASILLA/PALMER ADULT ACTIVITIES

AQUATICS

Tri Sport Swim Clinics

Wasilla
Mondays, 7-8pm, January 23, February 20, March 20
Improve your technique and conditioning training for tri sport performance. Instructor Tina Powers. Members \$10, nonmembers \$25 per session. Register at thealaskaclub.com, at any Member Support Desk or contact a Reservation Specialist at 365-7393.

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 30 minute lesson.
Register at any Member Support Desk or call your club.

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.

Cardio Intervals

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

GROUP BLAST

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.

ZUMBA

Wasilla. 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.

ZUMBA TONING

Wasilla. Tone your entire body with this energizing ZUMBA® dance workout using handheld weights.

POUND[®]

Wasilla. 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.

CYCLE

Rhythm Ride

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!

Rhythm Ride Express

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

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

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.

CENTERGY

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.

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ADULT ACTIVITIES FAIRBANKS

For group fitness schedules:

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WASILLA/PALMER ADULT ACTIVITIES, CONTINUED

GROUP FITNESS



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.

Yoga

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

STRENGTH TRAINING



Wasilla. 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.

Strictly Strength

Wasilla. Traditional strength training workout. Learn how to lift and experience the benefits of strength training.

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 Marris Lemamea, 330-0131.

FAIRBANKS ADULT ACTIVITIES

NEW & FEATURED

2017 Swim For Fitness Challenge

See Tirza, Patty or Bonni to join in the fun of this year's swim challenge! Log 100 miles during the year and receive a one month guest pass. Swim 75 miles to receive a complimentary massage. 50 miles will earn you a \$25 gift card for DW Grill. 25 miles earns a \$15 credit in the Pro Shop. Everyone who joins the challenge to swim for fitness receives a waterproof phone pouch – so get swimming! *Prizes are not cumulative: participants receive one prize at their highest level of individual achievement.

Adult Aquatics Development

Fairbanks South Pool
Tuesday, 6-7pm, January 10, 17, 24, 31
Already know how to swim? This class will help improve your stroke and overall aquatic skills, so that you become a more confident swimmer. You will learn how to use the training equipment and other aquatic tools in order to develop your skills to make swimming a part of your workout routine. Members \$20, nonmembers \$30 per session. Sign up online, at the Member Support Desk, or call 452-6801.

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.

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. 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.

Cycle Shred

Fairbanks South. Short on time? We have the class for you! Join us for a 45-minute dynamic total body workout combining cycling and resistance training.



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!

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.

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ADULT ACTIVITIES

FAIRBANKS

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FAIRBANKS ADULT ACTIVITIES, CONTINUED

GROUP FITNESS

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.

CENTERGY

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.

PIYO

Fairbanks 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

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

INSANITY^{LIVE}

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

Kettlebell

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.

ZUMBA[®]

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.

POWER

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.

PSOX[®] LIVE

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, contact the Member Support Desk at 452-6801.

Free Tennis Lessons On Family Fun Night

Wednesday, January 18

Kids lessons: 5-6:30pm

Adult lessons: 6:30-8pm

On Family Fun Night, enjoy free lessons, a great intro to the game, and fun for the whole family! FREE for members and guests, no registration required.

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ADULT ACTIVITIES

JUNEAU

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- See the Member Support Desk



THE ALASKA CLUB
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JUNEAU ADULT ACTIVITIES

NEW CLASS LAUNCHES

New moves and music for all your favorite Mossa group fitness classes:

<small>GROUP</small> RIDE	January 20, 5:30am, Valley
<small>GROUP</small> R30	January 20, 12pm, Valley
<small>GROUP</small> BLAST	January 21, 7:45am, Valley
<small>GROUP</small> POWER	January 21, 9am, Valley and Downtown
<small>GROUP</small> fight	January 21, 10:10am, Valley
<small>GROUP</small> CENTERGY	January 21, 11:15am, Valley

GROUP FITNESS

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

Cycle Stretch Express

45 minutes of cycle followed by a 15 minute extended stretch.

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.

GROUP
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.

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.

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.

Yoga Lite

45-minute class at a slower pace to incorporate less challenging postures, suitable for beginners as well as the experienced yogi.

Candlelight Yoga

Enjoy your yoga practice with a calming candlelight atmosphere.

Vinyasa Yoga

Juneau Valley. Connecting movement through breath through a full-body heated flow with motivating music.

Family Yoga

Juneau Valley. Yoga for ages 6-106.

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ADULT ACTIVITIES

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JUNEAU ADULT ACTIVITIES, CONTINUED

GROUP FITNESS

STRENGTH & ENDURANCE TRAINING

AWESOME Abs

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

BOSU® Core

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.

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



THE ALASKA CLUB
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2017 Resolution App Challenge

The whole family can participate in the year's first app challenge. Log 15 workouts on The Alaska Club App by January 31 and be entered to win 2 FREE months of Membership Plus and a \$100 Gift Card for The Alaska Club! Starts January 1, ends January 31. See The Alaska Club App in the Google Play and iTunes stores for details.

ANCHORAGE

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:
- January 18, February 15, March 15, April 19
- 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.

Parent's Night Out

East, South, Eagle River, Wasilla

Friday, January 27, 6-9pm

Drop off the kids, hours of fun for them and time off for you!

Join us for pizza, coloring, crafts and more for ages 3 and up! Child must be potty trained to attend. \$25 for the first child, \$20 for each sibling. Members and nonmembers welcome: Invite a friend!

Pre-registration is encouraged to reserve your spot: call 365-7393 or visit thealaskaclub.com/parentsnightoff to register.

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:
- January 18, February 15, March 15, April 19
- 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.

Parent's Night Out

East, South, Eagle River, Wasilla

Friday, January 27, 6-9pm

Drop off the kids, hours of fun for them and time off for you!

Join us for pizza, coloring, crafts and more for ages 3 and up! Child must be potty trained to attend. \$25 for the first child, \$20 for each sibling. Members and nonmembers welcome: Invite a friend!

Pre-registration is encouraged to reserve your spot: call 365-7393 or visit thealaskaclub.com/parentsnightoff to register.

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:
- January 18, February 15, March 15, April 19
- 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.

Parent's Night Out

East, South, Eagle River, Wasilla

Friday, January 27, 6-9pm

Drop off the kids, hours of fun for them and time off for you!

Join us for pizza, coloring, crafts and more for ages 3 and up! Child must be potty trained to attend. \$25 for the first child, \$20 for each sibling. Members and nonmembers welcome: Invite a friend!

Pre-registration is encouraged to reserve your spot: call 365-7393 or visit thealaskaclub.com/parentsnightoff to register.

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FAMILY ACTIVITIES



THE ALASKA CLUB
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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:
- January 18, February 15, March 15, April 19
- 5-8pm

Play of the Day

Open structured play time on the basketball court Tuesdays and Thursdays. Kids and adults can all take part in games like hockey, dodgeball, pickleball and more. FREE for members!

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:
- January 18, February 15, March 15, April 19
- 4-7pm

Family Yoga

Juneau Valley. Yoga for ages 6-106.

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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EDUCATION

QUICK REFERENCE

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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THE ALASKA CLUB
thealaskaclub.com

CERTIFIED PERSONAL TRAINING ACADEMY

EAST PT ACADEMY

East Conference Room

Next session: Mondays and Thursdays, January 16-March 16

Members \$275, nonmembers \$325

18 in-club sessions including lecture and practical CPR training and certification. Online program includes web-based lectures and online PT Accreditation Certification Exam (exam fees may apply.)

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, 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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THE ALASKA CLUB
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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.

Follow us on Instagram @thealaskaclub and Like us on Facebook for the latest updates, contests and more.

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