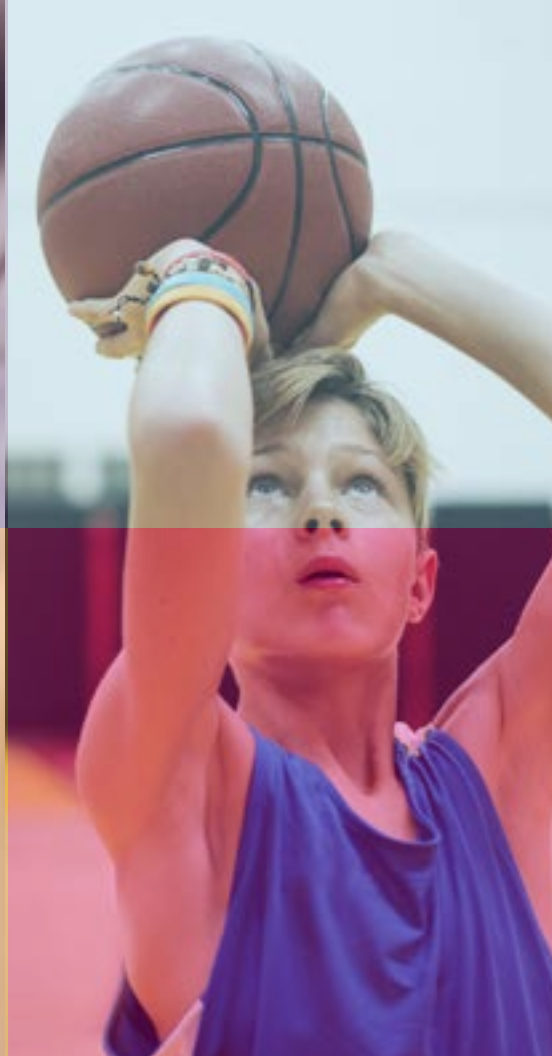




THE ALASKA CLUB  
ACTIVITY GUIDE  
APRIL TO JUNE  
2017



# ABOUT 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](http://thealaskaclub.com) or download The Alaska Club App for the most current information.

## MEMBER ACCOUNTING

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

## RESERVATION SPECIALIST

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

# 13 STATEWIDE CLUB LOCATIONS

## 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

## STUDIO (FORMERLY EXPRESS JEWEL LAKE)

245-2223  
3841 West Dimond Blvd  
Anchorage, AK 99502

## 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



# THE ALASKA CLUB

THEALASKACLUB.COM





# CONTENTS

## ABOUT THE ALASKA CLUB

About The Alaska Club	2
Club Locations and Contact Details	2

## NEW & FEATURED 4

## YOUTH ACTIVITIES 8

Anchorage Youth Activities	9
Eagle River Youth Activities	13
Wasilla & Palmer Youth Activities	16
Fairbanks Youth Activities	20
Juneau Youth Activities	23

## FAMILY ACTIVITIES 24

Anchorage Family Activities	25
Eagle River Family Activities	25
Wasilla & Palmer Family Activities	25
Fairbanks Family Activities	25
Juneau Family Activities	25

## ADULT ACTIVITIES 26

About Adult Activities	28
Anchorage Adult Activities	28
Eagle River Adult Activities	31
Wasilla & Palmer Adult Activities	32
Fairbanks Adult Activities	34
Juneau Adult Activities	36

## EDUCATION 38

Certified Personal Training Academy	39
Group Fitness Academies	39

## AMENITIES 40

Good Life	41
Membership Plus	41
Massage	42
Hydromassage	43
UV Tanning	43
Spray Tanning	43
VersaSpa	43
Full Body Moisturizing	43
Hydra Facial MD	44
Child Care	45
Play Center Hours	45
Parties & Rentals	45

# NEW & FEATURED

A background image showing a pair of hands rolling a dark, textured scroll on a light-colored surface. The image is overlaid with a semi-transparent red filter.

STUDIO AT THE ALASKA CLUB

POPUP CLASSES

APP CHALLENGE

CURE ALS: AUGIE'S QUEST

## NEW & FEATURED

This season, The Alaska Club welcomes Studio, a new functional fitness and hot yoga studio at the former Jewel Lake Express location, as well as pop-up classes to mix up your workout routine and our monthly app challenges to help you reach your goals. Questions about these programs or others? Just talk to any of our friendly staff.



### ABOUT STUDIO AT THE ALASKA CLUB

Studio at The Alaska Club, formerly Jewel Lake Express, features a state-of-the-art, 1,600-square-foot hot yoga studio. This unique fitness center will offer both mind-body and strength training experiences under one roof.

### GET THE APP FOR ITUNES & ANDROID

Download the Studio TAC app, available now from the [Google Play Store](#) and iTunes Store, for the latest class schedule and information.

### SCHEDULE & CLASSES

Find class schedules and descriptions at [studiothealaskaclub.com](#). Classes include Yoga Sculpt, Hot Flow, Yin Restorative, and for a limited time only, Hot Flow Fundamentals.

### lululemon TRUNK SHOW

Friday, April 7 at Studio at The Alaska Club  
No registration required! FREE and open to the public.

**5:30pm**

First look at lululemon spring product

**6pm**

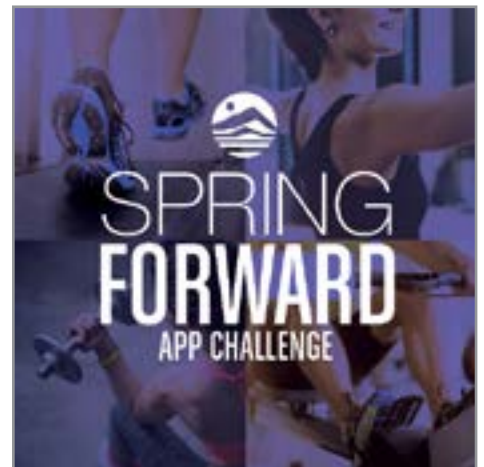
Complimentary Hot Flow Yoga class

## APP CHALLENGE

This season's app challenges change monthly: check the app for May and June challenges. Haven't downloaded the app yet? Find it in the Google Play Store and iTunes store.

### APRIL CHALLENGE: SPRING FORWARD

Goal: Starting April 1, log twenty workouts before April 30 to complete the challenge and be entered for prize drawing. The second goal of this challenge is to add variety including strength, cardio or combo workouts each week. The winner will receive a \$100 lululemon gift card.



# CURE ALS: AUGIE'S QUEST

The Alaska Club, along with Augie's Quest, is committed to raising funds to find a cure for ALS, also known as Lou Gehrig's disease. To donate and find out more, visit [thealaskaclub.com/als](http://thealaskaclub.com/als)



# POPUP CLASSES

## MASHUPS, SINGALONGS & MORE

Find the latest popup classes at [thealaskaclub.com/popup-classes](http://thealaskaclub.com/popup-classes): listings change monthly. No reservation required and included FREE for fitness members!

### Upcoming popup classes:

## CYCLE SING-ALONG

Sing, cycle and sweat to some of the best all-time favorite tunes.

## THE LONG RIDE

Get ready for road riding in this heart-pumping 90-minute endurance workout.

## STRONG BY ZUMBA

Music-led interval training.



# YOUTH ACTIVITIES



# ABOUT YOUTH ACTIVITIES

## ABOUT THIS GUIDE

Find programs and classes for kids of all ages here. Fitness programs are listed here by region:

- Anchorage/Eagle River
- Wasilla/Palmer
- Fairbanks
- Juneau

Some youth classes such as Karate and Dance require payment and registration, so sign up and play! 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](mailto:jwarner@thealaskaclub.com).

# ANCHORAGE YOUTH ACTIVITIES

## 2017 FUN CAMP



**5 LOCATIONS: EAST, SOUTH, EAGLE RIVER, WASILLA & FAIRBANKS**

## SEE YOU THIS SUMMER!

The Alaska Club Fun Camps offer healthy, active fun, creative activities, swimming, and a variety of sports to keep children moving all break long! Our caring, creative, energetic staff bring the fun to every camp. We're excited to get messy, inspire ideas, try new things and get moving with your kids.

## PROGRAM DETAILS

Ages 5-12 (Child must have attended school in 2016-2017)

Hours: Monday-Friday 9am-4pm

Before Care: 7-9am

After Care: 4-6pm

## PRICING

\$179 member/week

(Child must be a member)

\$199 nonmember/week

Before Care: 7-9am, \$30/week

After Care: 4-6pm, \$30/week

Add lunch for an additional \$7 per day.

DCA is accepted

## REGISTRATION

Visit [thealaskaclub.com/camps](http://thealaskaclub.com/camps) or call our Reservation Specialist at 365-7393. After enrollment, be sure fill out the Registration Packet, also available at [thealaskaclub.com/camps](http://thealaskaclub.com/camps), which is required to participate.

## DCA

DCA payment is accepted for licensed The Alaska Clubs. The Alaska Club East and South are licensed by the Municipality of Anchorage. Visit [dhss.alaska.gov/dpa/Pages/ccare/default.aspx](http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx) for more information and to apply.

If DCA authorization is not submitted with packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all 5 days. DCA will not pay for days a child does not attend) If you have questions, call the Camp Hotline @ 907-330-0117.

## GROUP FITNESS

These classes are **FREE** for members!  
No registration required.

### 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, South. 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 - THROUGH APRIL 13

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

## DANCE

Register at [thealaskaclub.com](http://thealaskaclub.com), at any Member Support Desk or call 365-7393.

### TAC CHEER

East Group Fitness Studio  
Wednesday, April 12 & 26, 4-5pm  
Ages 5-14. Learn dance moves used in cheer and drill with instructor Jessica Randolph. Members \$15/session, nonmembers \$20/session.

### INTRO TO TAP DANCE

South Party Room  
Mondays, April 10-May 1, 6:15-6:45pm  
Instructor Belva Jo Congdon. Members \$40, nonmembers \$60 per month.

### TAP DANCE

South Group Fitness Studio 1  
Mondays, 7-7:45pm, April 10-May 1.  
Instructor Belva-Jo Congdon. Tap dance for ages 5-7. Members \$40, nonmembers \$60 per month.

## MARTIAL ARTS

Register at [thealaskaclub.com](http://thealaskaclub.com), at any Member Support Desk or call 365-7393.

### KARATE KIDS

South Group Fitness Studio 1  
Mondays, 6-6:45pm, ongoing dates  
Members only, \$10 per month. Ages 5-7.

### 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.

## TINY TEAM TRAINING

Register at [thealaskaclub.com](http://thealaskaclub.com), at any Member Support Desk or call 365-7393.

South Team Training Area  
April 11-May 4  
Tuesdays, ages 5-7, 4:15-5pm  
Thursdays, ages 8-13, 4:15-5pm  
\$40 members/\$50 non members  
Note: parents must drop off and pick up.

## KIDS IN THE KITCHEN

Register at [thealaskaclub.com](http://thealaskaclub.com), at any Member Support Desk or call 365-7393.

South Play Center  
Thursday, April 20, 5:30-7pm, ages 5-14  
Drop kids off for a fun session of learning healthy recipes that kids can make. Take home an apron and recipes to use at home! NO peanut products will be used. Members and nonmembers welcome! \$12 per child.

# YOUTH AQUATICS

## ABOUT OUR PROGRAMS

The Alaska Club offers specialty aquatics programs, including Intro to Diving and Synchronized Swimming, as well as Starfish Academy lessons for all levels. More details are available at [thealaskaclub.com/pools](http://thealaskaclub.com/pools).

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.

## INTRO TO DIVING

East Pool

Mondays, April 10, 17 & 24, 5:30-6pm  
Join Starfish Academy for a special introduction to diving for ages 7-14 with instructor Samantha Jones. Members \$10/class, nonmembers \$15/class.

## SYNCHRONIZED SWIMMING

South Pool

Saturdays, 9-9:30am, April 8-29, ages 14+  
Instructor Kim Kiml. Learn the basics of synchronized swimming: join us for a fun full-body water workout. Members \$40, nonmembers \$50 for 4 sessions.

# STARFISH ACADEMY 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

## 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 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/leg actions on front/back and 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 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 and scissor kick
- Water safety



## 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 glide/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/leg actions on front/ back
- Water safety

## 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 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 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 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, sidestroke and butterfly
- Standard scull
- Water safety

## 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.

## 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](http://thealaskaclub.com/pools), or email [aquatics@thealaskaclub.com](mailto:aquatics@thealaskaclub.com)**

## SWIM LESSON POLICIES

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

# EAGLE RIVER YOUTH ACTIVITIES

## SUMMER BREAK FUN CAMPS

### EAGLE RIVER, EAST, SOUTH & WASILLA

The Alaska Club Fun Camps offer healthy, active fun, creative activities, swimming, and a variety of sports to keep children moving all break long! Our caring, creative, energetic staff bring the fun to every camp. We're excited to get messy, inspire ideas, try new things and get moving with your kids. We can't wait to see you this summer!

### PROGRAM DETAILS

Ages 5\*-12

Hours: Monday-Friday 9am-4pm

Before Care: 7-9am

After Care: 4-6pm

### PRICING

\$179 member\*\*/week

\$199 nonmember/week

Before Care: 7-9am, \$30/week

After Care: 4-6pm, \$30/week

Add lunch for an additional \$7 per day.

DCA is accepted\*\*\*

### REGISTRATION

Visit [thealaskaclub.com/camps](http://thealaskaclub.com/camps) or call our Reservation Specialist at 365-7393. After enrollment, be sure fill out the Registration Packet, also available at [thealaskaclub.com/camps](http://thealaskaclub.com/camps), which is required to participate.

\*Child must have attended school in 2016-2017. \*\*Child must be a member.

## 2017 FUN CAMP



### DCA

\*\*\*DCA payment is accepted for licensed The Alaska Clubs. The Alaska Club East and South are licensed by the Municipality of Anchorage. Visit [dhss.alaska.gov/dpa/Pages/ccare/default.aspx](http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx) for more information and to apply.

If DCA authorization is not submitted with packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all 5 days. DCA will not pay for days a child does not attend) If you have questions, call the Camp Hotline @ 907-330-0117.

## GROUP FITNESS

These classes are **FREE** for members: no registration required!

### 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.

## DANCE KIDS

Register at [thealaskaclub.com](http://thealaskaclub.com), at any Member Support Desk or call 365-7393.

Eagle River Party Room

Wednesday, April 19, 6-7pm, ages 5-14

Kids will learn a specific choreography during this lesson to take home and perform. Instructor Kallie Randolph. Members \$10, nonmembers \$15.

## BOUNCY TUESDAYS

Eagle River Party Room

Tuesdays, April 4-25, 6-7pm, ages 3-14.

Per session: members \$7, nonmembers \$10.

# MARTIAL ARTS

Register at [thealaskaclub.com](http://thealaskaclub.com), at any Member Support Desk or call 365-7393.

## 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 SWIM LESSONS

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.

## 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

### 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 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 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

### LEARN TO SWIM 1: INTRODUCTION TO WATER SKILLS

This level helps participants feel comfortable in the water.

- Blowing bubbles and bobbing
- Open eyes underwater and retrieve submerged objects
- Gliding and floating and recovering to a vertical position
- 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/leg actions on front/ back
- Water safety

## 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 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 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 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, sidestroke and butterfly
- Standard scull
- Water safety

## 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](http://thealaskaclub.com/pools), or [aquatics@thealaskaclub.com](mailto:aquatics@thealaskaclub.com)**

## SWIM LESSON POLICIES

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



# WASILLA/PALMER YOUTH ACTIVITIES

## SUMMER BREAK FUN CAMPS

## 2017 FUN CAMP

### WASILLA, EAGLE RIVER, EAST & SOUTH

The Alaska Club Fun Camps offer healthy, active fun, creative activities, swimming, and a variety of sports to keep children moving all break long! Our caring, creative, energetic staff bring the fun to every camp. We're excited to get messy, inspire ideas, try new things and get moving with your kids. We can't wait to see you this summer!



### PROGRAM DETAILS

Ages 5\*-12

Hours: Monday-Friday 9am-4pm

Before Care: 7-9am

After Care: 4-6pm

### PRICING

\$179 member\*\*/week

\$199 nonmember/week

Before Care: 7-9am, \$30/week

After Care: 4-6pm, \$30/week

Add lunch for an additional \$7 per day.

DCA is accepted\*\*\*

### REGISTRATION

Visit [thealaskaclub.com/camps](http://thealaskaclub.com/camps) or call our Reservation Specialist at 365-7393. After enrollment, be sure fill out the Registration Packet, also available at [thealaskaclub.com/camps](http://thealaskaclub.com/camps), which is required to participate.

\*Child must have attended school in 2016-2017. \*\*Child must be a member.

### DCA

\*\*\*DCA payment is accepted for licensed The Alaska Clubs. The Alaska Club East and South are licensed by the Municipality of Anchorage. Visit [dhss.alaska.gov/dpa/Pages/ccare/default.aspx](http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx) for more information and to apply.

If DCA authorization is not submitted with packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all 5 days. DCA will not pay for days a child does not attend) If you have questions, call the Camp Hotline @ 907-330-0117.



## GROUP FITNESS

### JR. JAM

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

## DANCE & THEATER

Register at [thealaskaclub.com](http://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.

### ZUMBA® KIDS

Wasilla Theater  
Saturdays, 10:30-11:30am, April 1-May 6. ZUMBA® exercise classes are “fitness parties” that blend upbeat world rhythms with easy-to-follow choreography. Instructor TBA. Members \$40, nonmembers \$60 per month.

### DRAMA KIDS

Wasilla Theater  
Tuesdays, April 11, 18 & 25, 6-7pm  
Kids ages 5-14 will enjoy acting, costumes, games and more, all on the theater stage: no experience needed! Instructor Jayme Bonty. Members \$10/class, nonmembers \$15/class.

## ART & CRAFTS

### PICASSO KIDS

Wasilla Theater  
Thursdays, April 13 & 27, 7-8pm  
Ages 5-14. Join us for a fun painting session with instructor Lauren McIver-O'Hara! Members \$10/session, nonmembers \$15/session.

## MARTIAL ARTS

### 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.

## STARFISH ACADEMY SWIM LESSONS

### 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.

## LESSON DESCRIPTIONS

**All swim lessons are held at Wasilla.**

### 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 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)

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)

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/leg actions on front/back
- Finning arm action on back
- Fully submerging and holding breath
- Change direction of travel while swimming on front or back
- Pool Safety

## 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

## 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 and recovery to a vertical position
- 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/leg actions on front/back
- Water Safety

## 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 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 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 5: STROKE REFINEMENT

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, sidestroke and butterfly
- Standard scull
- Water safety

## YOUTH | WASILLA/PALMER

### 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](http://thealaskaclub.com/pools), or [aquatics@thealaskaclub.com](mailto:aquatics@thealaskaclub.com)

### SWIM LESSON POLICIES

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



# FAIRBANKS YOUTH ACTIVITIES

## SUMMER BREAK FUN CAMPS

### FAIRBANKS SOUTH

The Alaska Club Fun Camps offer healthy, active fun, creative activities, swimming, and a variety of sports to keep children moving all break long! Our caring, creative, energetic staff bring the fun to every camp. We're excited to get messy, inspire ideas, try new things and get moving with your kids. We can't wait to see you this summer!

### PROGRAM DETAILS

Ages 5\*-12  
Hours: Monday-Friday 9am-4pm  
Before Care: 7-9am  
After Care: 4-6pm

### PRICING

\$179 member\*\*/week  
\$219 nonmember/week  
DCA is accepted\*\*\*

### REGISTRATION

Visit [thealaskaclub.com/camps](http://thealaskaclub.com/camps) or call our Reservation Specialist at 365-7393. After enrollment, be sure fill out the Registration Packet, also available at [thealaskaclub.com/camps](http://thealaskaclub.com/camps), which is required to participate.

\*Child must have attended school in 2016-2017 or received equivalent homeschooling. \*\*Child must be a member.

## 2017 FUN CAMP



### DCA

\*\*\*DCA payment is accepted for licensed The Alaska Club locations. Visit [dhss.alaska.gov/dpa/Pages/ccare/default.aspx](http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx) for more information and to apply.

If DCA authorization is not submitted with packet, parent(s) or guardian(s) are required to pay the amount in full and a credit will be applied to account upon receipt of the authorization form. DCA payments are received monthly. Any balance left after DCA payment must be paid in full before child will be allowed to continue in camp. (We charge a flat rate per week. We DO NOT pro-rate the weeks if your child is not in attendance all 5 days. DCA will not pay for days a child does not attend) If you have questions, call the Camp Hotline @ 907-330-0117.

## GROUP FITNESS

These classes are **FREE** for members, **\$15 nonmembers**. No registration required: bring a friend!

### NEW: PLAY OF THE DAY

Fairbanks South Gym  
Tue/Thu time TBA, ongoing dates  
Game focused activities like basketball, hockey, tennis, and even pickleball!

### NEW: THE GAUNTLET

Fairbanks South Pool  
Date and time TBA, ongoing dates  
A floating obstacle course for ages 6+.

### 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.

### KIDS DANCE JAM

Fairbanks South. Ages 6+. Fitness dancing for kids and friends!  
FREE for members, \$15 nonmembers.

# STARFISH ACADEMY SWIM LESSONS

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

#### 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 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

#### 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 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 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 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 and 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

Provides further stroke coordination.

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

### PRIVATE SWIM LESSONS

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

### PRICES, REGISTRATION & POLICIES

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

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

## BABY & ME

### JUNEAU VALLEY

Wednesdays, 10:30-11:15am, ongoing dates.

Ages 2 months to 3 years, with parent.

FREE for members, nonmembers \$5.

No registration required!



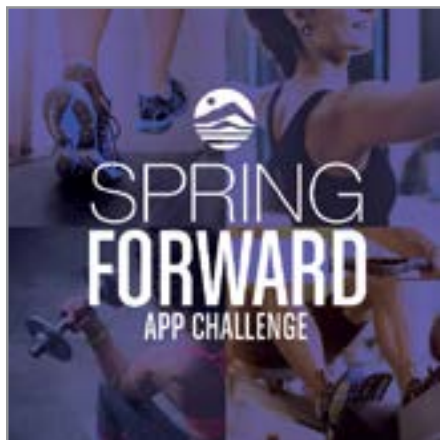


# FAMILY ACTIVITIES

# STATEWIDE

## APRIL CHALLENGE: SPRING FORWARD

Goal: Starting April 1, log twenty workouts before April 30 to complete the challenge and be entered for prize drawing. The second goal of this challenge is to add variety including strength, cardio or combo workouts each week. The winner will receive a \$100 lululemon gift card.



# ANCHORAGE, EAGLE RIVER & WASILLA

## PARENT'S NIGHT OUT: CARNIVAL SPECTACULAR

**South, East, Eagle River, Wasilla**

Friday, April 28, 6-9pm

Drop off the kids, hours of fun for them and time off for you! Coloring, crafts and more for ages 3 and up! \* \$25 for the first child, \$20 for each sibling. Members and nonmembers welcome: Invite a friend! Pre-registration is encouraged: call 365-7383. \*Child must be potty trained to attend.

## FAMILY FUN NIGHT

**South, East, Eagle River, Wasilla**

Every 3rd Wednesday, 4-7pm

April 19, May 17, June 21, July 19

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

## FAMILY TRACK TIME

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

**Eagle River:** Tuesdays 12-2pm, Thursdays 6-8pm, Fridays 2-5pm

## OPEN GYM

**South, East, West, Eagle River, Wasilla**

Basketballs are available to borrow. The gym closes 15 minutes prior to the posted facility closing time. The gym schedule may change due to The Alaska Club activities.

## OPEN SWIM

**South, East, Eagle River, Wasilla**

Find pool schedules at [thealaskaclub.com](http://thealaskaclub.com) or use The Alaska Club app.

# FAIRBANKS SOUTH

## FAMILY FUN NIGHT

Every 3rd Wednesday, 5-8pm

April 19, May 17, June 21, July 19

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

## 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, \$15 nonmembers, no registration required!

## OPEN GYM

Basketballs are available to borrow. The gym closes 15 minutes prior to the posted facility closing time. The gym schedule may change due to The Alaska Club activities.

## OPEN SWIM

Find pool schedules at [thealaskaclub.com](http://thealaskaclub.com) or use The Alaska Club app.

# JUNEAU VALLEY

## FAMILY FUN NIGHT

Every 3rd Wednesday, 4-7pm

April 19, May 17, June 21, July 19

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

## OPEN GYM

Basketballs are available to borrow. The gym closes 15 minutes prior to the posted facility closing time. The gym schedule may change due to The Alaska Club activities.

# ADULT ACTIVITIES



# ABOUT ADULT GROUP FITNESS CLASSES

## FREE FOR FITNESS 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 built-in fun, energy and motivation.

Check out the [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 at 330-0115 or [jwarner@thealaskaclub.com](mailto:jwarner@thealaskaclub.com).

## FITNESS FAIR

**East, West, Club for Women, South, Eagle River & Wasilla**

Every 3rd Thursday of the month, the Fitness Fair is FREE for members and guests.

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.

# ANCHORAGE ADULT ACTIVITIES

## NEW CLASS LAUNCHES

New Mossa workouts start Thursday, April 20 on FREE guest day! Bring a friend and help us launch our new Mossa workouts, included with membership. New moves and new music.



## 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 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!

## COUPLES DANCE

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. 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. To book, contact [jwarner@thealaskaclub.com](mailto: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!

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.



LIVE

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



LIVE

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. Know Your Numbers tests: South, Thursdays, 9:15-10:15am, April 6 & May 4

## 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.



CYCLE

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.

## 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.

GROUP

## CENTERGY

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.

## YOGA STRENGTH

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

### STEP

GROUP

## BLAST

East, South. 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, East. 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

## 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, 6-7:30pm, Saturdays 11am-12:30pm, ongoing dates. Ages 14+. Explore this unique Japanese martial art that promotes peace and harmony. Instructors Rachelle & Derek Reynolds. \$20/month members, \$50/month nonmembers. Register at [thealaskaclub.com](http://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](http://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](http://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](mailto:jkayongo@thealaskaclub.com).

# 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

**FREE for members, no sign-up required!**

### 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'll get ripped!

### 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.

#### R30 CYCLE

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

## DANCE

### ZUMBA®

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

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.

## ADULT ACTIVITIES | EAGLE RIVER

### 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 Marrisalema at 330-0131.

# WASILLA & PALMER 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 30 minute lesson. Register at any Member Support Desk or [call your club](#).

## GROUP FITNESS

**FREE for members, no sign-up required!**

### AQUA

#### 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.

#### AQUA ZUMBA®

Wasilla. Make a splash in this high-energy low-impact pool party! Water creates natural resistance, which means every step is more challenging and tones your muscles. Just add water and shake!

### CARDIO & CARDIO/STRENGTH COMBO

#### BODY SHRED

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

#### BOOTCAMP

Wasilla. Hup two three four: cardio training, strength and core! Jump start your morning in this all-in-one bootcamp-style 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.

### FUN FRIDAY

Wasilla. Mix things up with a variety of fun formats for every Friday.

## 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.

## 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.

GROUP  
**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.



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.

**RISE & SHINE YOGA**

Wasilla. Start your day off right with a yoga practice designed to increase strength, flexibility and relaxation.

**YOGA**

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

**STRENGTH TRAINING**GROUP  
**POWER**

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.

**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 Marrisra Lemamea, 330-0131.

# FAIRBANKS ADULT ACTIVITIES

## 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.

## 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: contact the Aquatics Director at 458-1745.

## 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.

## MOSSA NEW CLASS LAUNCHES

New Mossa workouts start Monday, April 17! Bring a friend and help us launch our new Mossa workouts, included with fitness membership. New moves and new music.



April 17, 7:45am, South & West



April 17, 9am, South & West

**These classes are FREE for members, no sign-up required!**

## 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. 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.



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!

### STEP

Blast off your workout in this athletic cardio class using the step. Get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength.

## STUDIO CYCLE

Fairbanks South. Cardiovascular training using cycling drills and skills.

### 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.

### GROUP 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.

## 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.

**POUND**  
ROCKOUT. WORKOUT.

Fairbanks West.

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.

**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.

GROUP  
**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.

## 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. 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.

# JUNEAU ADULT ACTIVITIES

## NEW MOSSA CLASS LAUNCHES

### SUPER SATURDAY NEW CLASS LAUNCHES

Valley

FREE for members, \$15 nonmembers, no registration required! The Easter Bunny will appear at Valley on Super Saturday, April 15 as a part of the launch party: join us!



April 14, 5:30am



April 14, noon



April 15, 7:45am



April 15, 9am



April 15, 10:10am



April 15, 11:15am

## FEATURED CLASSES

### JAMIE'S BOOTCAMP

Downtown

Tue/Thu/Sat April 4-29

Tuesdays: 6-7am | Thursdays: 6-7am

Saturdays: 8:15-9:15am

To register, visit the Member Support Desk or call 586-5773.

### RANDY'S BOXING CLASS

Valley Upper Group Fitness Studio

Saturdays, April 8-29, 1-2pm

To register, visit the Member Support Desk or call 586-5773.

### SELF DEFENSE

Downtown

Thursdays, May 4-25, 6:15-7:15pm

Instructor: Master Michael Schroeder,  
6th Dan Black Belt

This is an introductory martial arts class based on the Korean martial art of Tae Kwon Do and Hap Ki Do. The class will be a blend of traditional martial arts as well as basic components of street self-defense. Class will consist of a basic warm-up, followed by traditional basic movements, forms, street self-defense, basic kicks and punches, sparring drills, and street scenarios for self-defense practice. Members \$20/session, nonmembers \$40/session. To register, visit the Member Support Desk or call 586-5773.

## GROUP FITNESS

These classes are **FREE** for members, no sign-up required!

### 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.

#### INSANITY

#### LIVE

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

#### INSANITY

#### CORE

Juneau Downtown. Cardio based workout, designed to improve strength and endurance.

## CYCLE

## CYCLE STRETCH

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.

 **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.

## DANCE

## DANCE PARTY

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

**ZUMBA®**

Juneau 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.

## TAI CHI

Tai Chi is recognized as a system of exercise suitable for a wide range of ages and physical conditions. The slowness of the exercise promotes balance training and leg strength. The calm and peaceful motions provide stress reduction and lower blood pressure.

## YOGA

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

## VINYASA YOGA

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

## STRENGTH &amp; ENDURANCE TRAINING

## AWESOME ABS

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

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.

# EDUCATION





## CERTIFIED PERSONAL TRAINING ACADEMY

### EAST PT ACADEMY

East Conference Room

Next session: TBA

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.) Members \$275, nonmembers \$325.

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 Marcey Howell, Network Personal Training Director at 330-0193 or [mhowell@thealaskaclub.com](mailto:mhowell@thealaskaclub.com).

## GROUP FITNESS INSTRUCTOR TRAINING

### GROUP FITNESS ACADEMY

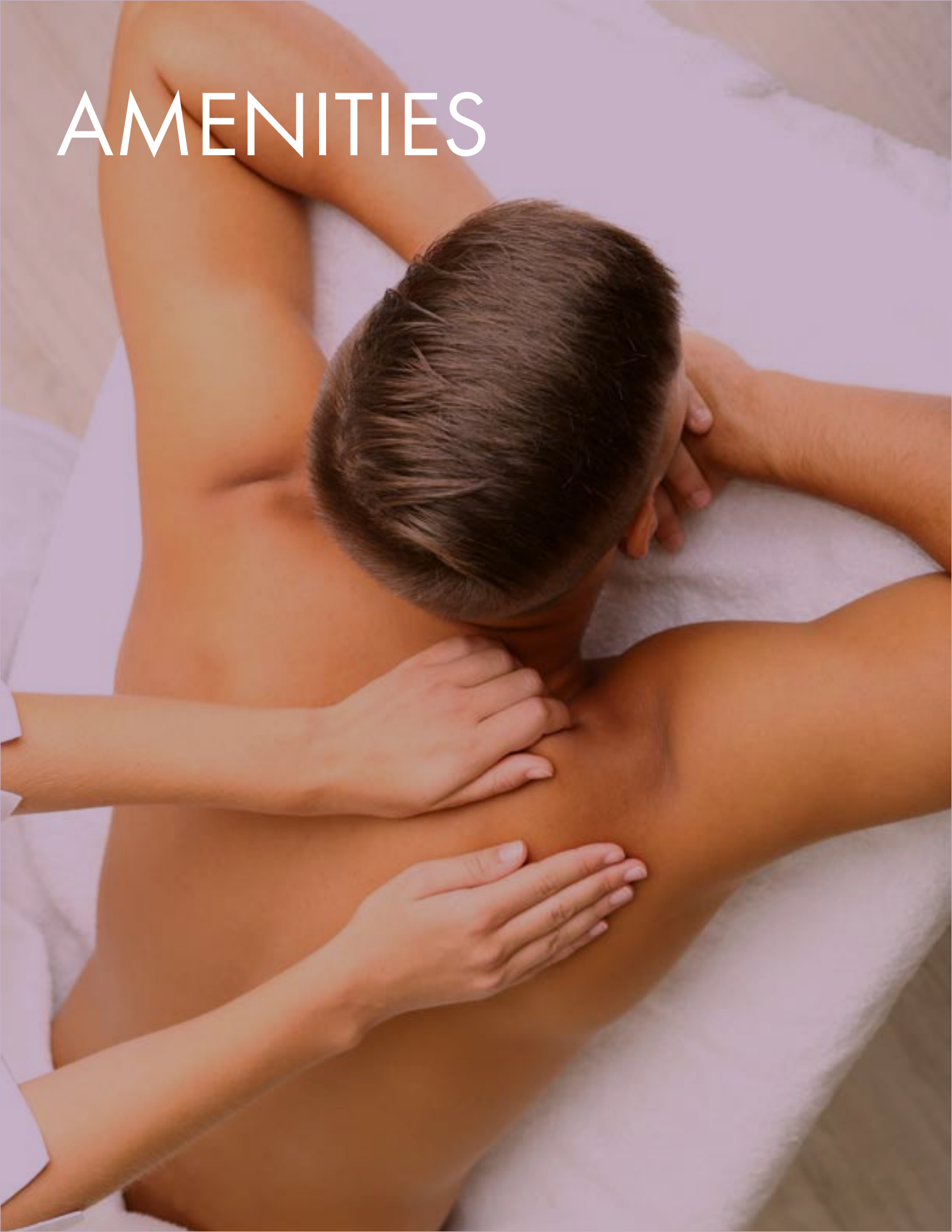
Dates & times ongoing.

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](mailto:jwarner@thealaskaclub.com) or 330-0115.

# AMENITIES



# ABOUT AMENITIES



## SPA SERVICES & CHILD CARE

Treat yourself to The Alaska Club's spa amenities, including massage, tanning, full body moisturizing treatments, Hydra Facial MD, child care at Kids' Play Centers and much more!

For questions about these services or how to add Good Life or Membership Plus benefits to your account, email the Amenities Manager at [amenities@thealaskaclub.com](mailto:amenities@thealaskaclub.com).

To schedule an appointment, visit [thealaskaclub.com](http://thealaskaclub.com) for our convenient online scheduler, or call the Reservation Specialist at (907) 365-7393.

## YOU DESERVE THE GOOD LIFE!

Don't let anything stand between you and the Good Life. For less than the cost of a massage at a day spa, you can enjoy a 60-minute massage, unlimited UV and spray tanning, full body skin moisturizing treatments, hydromassage, unlimited DVD rentals and more. All for one low monthly price.

The Good Life gives you the personal attention and sense of well-being you deserve. Take advantage of the best services and amenities The Alaska Club has to offer conveniently located throughout our statewide network.

To get the Good Life, visit [thealaskaclub.com/good-life](http://thealaskaclub.com/good-life) or stop by Membership at staffed The Alaska Club locations.

## ADD MEMBERSHIP PLUS TO YOUR FITNESS MEMBERSHIP TODAY!

For just \$38 per month, receive these great benefits:

- Discounted Massage: \$35 for 55 minute massage, up to 8 per month
- Hydromassage: Unlimited (1 15-30 minute session per day)
- UV Tanning: Unlimited (high intensity, 1 session per day)
- Spray Tan: Unlimited (1 per day)
- Full Body Moisturizing Treatment: 3 FREE per month
- NEW - Free Child Care: Free for up to 2 children, 2 hours per day
- Guest passes: 2 FREE per month
- DVD/Blu-ray Rentals: Unlimited (1 per day)
- Pro Shop Discount: 10% off regular price

To add Membership Plus to your account, visit [thealaskaclub.com/membership-plus](http://thealaskaclub.com/membership-plus) or stop by Membership at staffed The Alaska Club locations.



# MASSAGE

## BENEFITS OF MASSAGE

- Stimulates circulation
- Improves muscle tone
- Increases flexibility
- Reduces mind & body stress
- Speeds the healing of injuries
- Relaxes muscle spasms
- Speeds recovery & elimination of toxins after exercise
- Helps with overall relaxation & rebalancing of energy

## MASSAGE TYPES

Did you know there are more than 100 modalities of massage? The Alaska Club's Certified Massage Therapists practice the following types of massage and more - if you're looking for something you don't see here, please contact us. We may have a therapist who can provide what you need.

### Swedish/Relaxation

- Long, smooth strokes with gentle to medium pressure. The entire body is worked on in a very slow methodical manner
- A very relaxing treatment

### Deep Tissue

- Focuses on realigning deeper layers of muscles and connective tissue
- Especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders

- Sport & Sports Injury
- Helps increase flexibility, reduce the risk of injury, and alleviate post-workout tension
- Effective when combined with range-of-motion and gentle stretching techniques

### Prenatal Massage

- Modified Swedish/Relaxation massage with 3-5 body pillows for additional support
- Safely reduces anxiety, stress, back pain, muscle tension, joint pain and headaches
- Improves circulation
- Promotes better sleep

## HOW TO SCHEDULE

Our massage therapists are available 7 days a week to serve you. Choose from our therapists below and call Reservations Specialist to schedule an appointment, or stop by any The Alaska Club Member Support Desk to schedule. Not sure which therapist or treatment modality might be right for you? Stop by or call Reservations Specialist, and we'll help you find the perfect fit.

## HOW TO MAKE THE MOST OF YOUR MASSAGE

### Modesty

During your massage session, you will be draped with a sheet. You will choose whether to be fully or partially unclothed under the drape. Only the area of the body being massaged will be uncovered, such as the back, legs, arms & neck.

### Oil

Light oil is used to enable the therapist's hands to slide over the skin without causing chaffing or pulling hair. Inform the therapist if you have any allergies that might be aggravated by the oil.

### Makeup and Hair

If you prefer that hair and makeup not be disturbed, inform the therapist not to massage your face or scalp.

### Pain

You may or may not feel muscular discomfort during your massage. Your comfort level will be respected. Give feedback before, during and after your massage. You may experience mild soreness the day after a massage, much the same as your muscles feel after having worked out. Drinking plenty of water will help remove toxins flushed out during a massage.

### Massage Style

Many massage therapists combine styles and techniques. An integrated approach of Swedish, Therapeutic and Sports is most commonly used. Let your therapist know if you have a preference.

### Participate in your session

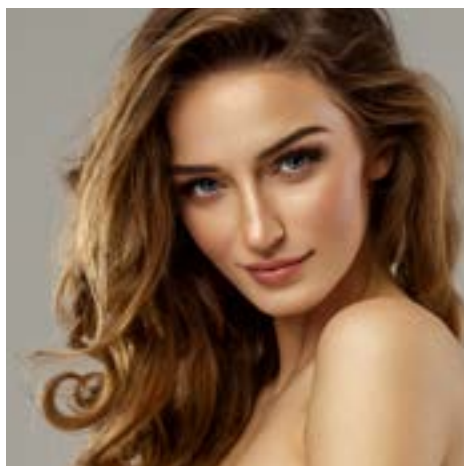
Ask questions. Let the therapist know if you ever feel uncomfortable. Above all, relax, and enjoy your massage.



## HYDROMASSAGE

**AVAILABLE IN ANCHORAGE AT SOUTH, THE SUMMIT, WEST, EAST, EAGLE RIVER, WASILLA AND FAIRBANKS SOUTH.**

Choose the length of your session from 15-30 minutes. No need to undress. No oils or mess. Prepare muscles for cardio and strength workouts. Help muscles recover from strenuous exercise. Help oxygenate and detox the body. Increase muscle mobility.



## UV TANNING

**WALK INS WELCOME!**

UV tanning beds and/or hexes are available at all Club locations.



## VERSA SPA SPRAY TANNING & FULL BODY MOISTURIZING

**TRANSFORM YOUR SKIN IN  
JUST MINUTES**

Available at Anchorage South, West, East and Wasilla.

Bronze, hydrate & smooth fine lines in one session. Customize your tan with your choice of intensity and instant or time-released bronzer application. Experience a wide open design, EZ-2Breathe purification system & Comfort Dry technology, all in the privacy of an automated booth.



# HYDRA FACIAL MD

## WHAT IS HYDRA FACIAL?

Available at Anchorage South, Summit & East

Hydra Facial MD is an incredible, non-invasive treatment that detoxifies, rejuvenates and protects your skin for immediate results and long term benefits without downtime or irritation. The multi-step treatment cleanses, exfoliates and extracts to remove impurities and dead skin cells while replenishing vital nutrients including antioxidants, peptides and hyaluronic acid. These performing ingredients help mitigate environmental damage, reduce the appearance of fine lines and wrinkles, and plump and firm skin for long-term results you can see and feel instantly.

## ADD-ONS TO HYDRAFACIAL

The following add-ons work in combination with your HydraFacial treatment.

### Facial Lymphatic Drainage

This process works to improve circulation, as well as detoxify, tone, and firm skin. The elimination of toxins results in a cleaner complexion and improved skin tone and color. It can also assist in the reduction in fine lines and wrinkles due to dehydration, as well as a reduction of puffy skin and swelling.

### LED Light Therapy

LED Red light therapy is used to reduce wrinkles and stimulate collagen production. LED Blue light therapy is suggested to help reduce oil production and control acne flare-ups.

### DermaBuilder

DermaBuilder™ helps smooth the appearance of fine lines and wrinkles, enhances skin elasticity, and helps even skin tone and texture while improving skin firmness.

### Britenol

Britenol® Intensive Spot Corrector. This treatment works to rapidly diminish the appearance of brown spots and discoloration to restore beautifully healthy skin.

### Paraffin gloves or boots



## CHILD CARE

### ABOUT THE PLAY CENTER

The following rules apply at all Kids' Play Center locations:

- Visits must be limited to two hours in length. A late fee of \$1 per minute will be charged if a parent arrives after the two hours have lapsed. There is a five minute grace period.
- Children 6 weeks to age 12 are welcome.
- Children must be signed in and out by a parent or guardian.
- Children must behave in an appropriate manner determined by the attendant, or the parents will be contacted.
- If the child cries and is inconsolable after a five minute period of time, the parent will be contacted.
- Child care attendants are not permitted to change diapers.
- Parents must remain on the premises of the location and must note their destination(s) on the sign-in sheet.

## KIDS' PLAY CENTER HOURS

### EAST

Mon-Thurs: 9am - 8:30pm  
Friday: 9am - 7:30pm  
Saturday: 10am - 6:00pm  
Sunday: 11:30am - 6:45pm  
Phone: 330-0145

### SOUTH ANCHORAGE

Mon-Fri: 9am - 8:30pm  
Sat: 9am - 4pm  
Sun: 9am - 1pm  
Phone: 365-7207

### WEST / CLUB FOR WOMEN

Mon-Fri: 9am - 8pm  
Sat: 9am - 2pm  
Sun: 10am - 2:30pm  
Phone: 264-2743

### EAGLE RIVER

Mon-Fri: 9am - 8pm  
Saturday: 9am - 4pm  
Sunday: Noon - 4pm  
Phone: 365-7333

### WASILLA

Mon-Fri: 9am - 1pm & 4 - 8pm  
Sat: 9am - 4pm  
Sun: Noon - 4pm  
Phone: 376-3300

### FAIRBANKS SOUTH

Ages 6 weeks - 9 years  
Mon-Thu: 8:15am - 8pm Closed 2-3pm  
Fri: 8:15am - 6:30pm Closed 2-3pm  
Sat: 9:30am - 1:30pm  
Sun: Closed  
Phone: 452-6801

### JUNEAU VALLEY

Mon-Thurs:  
8:45am - 1pm & 4:45 - 7:30pm  
Fri: 8:45am - 1pm  
Sat: 9am - 1:15pm  
Sun: Closed  
Phone: 789-2181

## PARTIES & RENTALS

**VISIT [THEALASKACLUB.COM/PARTIES](http://THEALASKACLUB.COM/PARTIES)  
FOR THE LATEST STATEWIDE PARTY  
AND RENTAL RATES AND OPTIONS.**



THE ALASKA CLUB