



PHOTO OF
AUGIE NIETO

CLUB HOLIDAY HOURS & GROUP FITNESS

WEDNESDAY, NOVEMBER 25

No classes after 2:30pm

THURSDAY, NOVEMBER 26

ALL CLUBS CLOSED EXCEPT FOR EXPRESS

FRIDAY, NOVEMBER 27

West Opens at 5am Classes resume at 8am

Member Newsletter

ANCHORAGE NOVEMBER 2015

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HAPPY THANKSGIVING!

HEALTHY HOLIDAY EATING
STARTS NOW

CYCLE STUDIO NOW OPEN
AT SOUTH

STRENGTH TRAINING ROOM AT WEST

HYDRAFACIAL ROAD SHOW

TURKEY SPLASH!

Giving thanks is important and at The Alaska Club we are committed to health, wellness and our community. It extends past the thresholds of our clubs and into the neighborhoods we serve through various outlets including community events, donations, and sponsorships. Join us to help fight hunger in Anchorage, Eagle River and the Valley by participating in our Annual Food Drive, or help raise funds to find a cure for ALS (Lou Gehrig's disease) on November 28th at the East Club. Augie Nieto is one of fitness's founding fathers and is leading the way in ALS research. He is currently fighting the disease.

COMMUNITY

FOOD DRIVE // NOVEMBER 2-24

Members making a difference. Join us to help fight hunger by donating nonperishable food items at select The Alaska Club locations November 2-25: East, West, South, Eagle River and Wasilla. Together, we can make a difference. Visit thealaskaclub.com for more information and a list of needed items.



AUGIE'S QUEST // SUPER CIZE IT UP FOR ALS // FUNDRAISER

November 28 | 12:30pm INSANITY® AND 1:30pm CIZE™ | EAST GYM

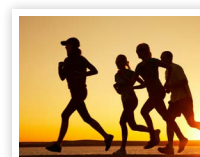
Instructors: Steve, Russell and Tammy

Neon mania, party atmosphere and **MORE FUN!** Join one or both sessions. Classes for members are free and donations are appreciated. \$20 participation fee for nonmembers and guests. Visit thealaskaclub.com for more information. All proceeds benefit Augie's Quest, finding a cure for ALS.



EAGLE RIVER THURSDAY NIGHT RUN/WALK

Thursdays | 6pm | Eagle River | FREE to the Community
Run or walk with us every Thursday. Family fun encouraged. Routes posted the day of on thealaskaclub.com.



GRATITUDE MONTH

We are grateful for our relationships with our members. Express your gratitude by adding what you're thankful for to the boards in the group fitness studios. Do you have a good quote about being grateful?

FAMILY FUN NIGHT

Wednesday, November 18 | 4-7pm

FITNESS FEAST

FITNESS FAIR

Thursday, November 19 | 5-8pm

FALL ACTIVITY GUIDE

Fun for all ages. Pick one up at your club.



Workout with Master Trainers Steve, Tammy and Russell and raise Funds For ALS, November 28 at East.



NEWS TO USE

HEALTHY HOLIDAY EATING STARTS NOW

By Patrick Curtis, Director of Fitness & Member

We are once again in the Autumn of our Alaskan calendar with the holiday season fast approaching and with it delectable treats on offer in the office, baked goods at home and of course the great meals shared with family and friends. So how do we keep our waistslines from increasing during the onslaught of sweets, treats and home cooking? Here are some simple strategies to help along the way:

MODERATION is always a key—not too many of any one thing at a time. Know when you have had enough to eat—our bodies register satiation around 20-minutes into a meal. Eating slowly to allow this process to occur gradually will have better results, verses eating a whole meal inside twenty minutes. Take breaks between bites and drink water along the way.

PORTION SIZE—a general guideline is to make a fist. This shows the approximate portion size of a meal relative to the individual (you). Try to divide larger meals and save some for later, rather than consuming more than you need to feel full (see above).

INCLUDE BOUTS OF MODERATE EXERCISE movement during the day of a holiday meal, such as walking or other intervals of movement is better than sitting for long periods of time. Take the stairs or go for a walk around the block. Movement also aids in digestion.

KEEP ON TRACK with your regular workouts of at least 3 cardio and 2 strength sessions per week throughout the holiday season. Be happy, but healthier too!



HydraFacial MD[®] My Life. My Time. My Skin.™

WHAT IS HYDRAFACIAL[®]?

It 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. Hydrafacials help reduce the appearance of fine lines and wrinkles and plump and firm skin for long term results you can see and feel instantly.

HYDRAFACIAL ROAD SHOW

This amazing treatment now for \$25. Pick a date and book an appointment during one of the **HydraFacial Party tour dates:**

- NOVEMBER 5 & 6** at The Alaska Club West
- NOVEMBER 7 & 8** Holiday Food & Gift Festival at Dena'ina Civic & Convention Center - Walk ins only
- NOVEMBER 20 & 21** at The Alaska Club Wasilla
- DECEMBER 3,4 & 5** The Alaska Club East

\$25
HydraFacial
\$150 Value

To book your appointment, contact our Reservation Specialists at 264-2755. Open to members and nonmembers.

HydraFacial[®] GIFT CARDS

Good for one basic HydraFacial treatment (value \$150). To purchase a card, contact our Reservation Specialist at 264-2755. Supply is limited.



NEWS TO EXCITE



CYCLE STUDIO OPEN

Newly Remodeled Cycle Studio | South

- Dedicated cycle room with state-of-the-art sound system
- New lighting to enhance the ride
- Accuro heart rate monitors and large digital screens to maximize your workout
- All new Matrix IC7 cycles

REMODELED STRENGTH TRAINING ROOM

Newly Remodeled Weight Room | West

Matrix® Equipment

- Adjustable cable crossover
- Dip chin
- Hack squat
- Smith machine
- Seated & standing calf machine

Matrix® Series

- Breaker Olympic benches
- Weight tree
- Leg press
- Squat rack
- Barbell rack

Life Fitness® equipment and more!

POWER UP YOUR CYCLE RIDES

What is power? In general terms it is a measurement of how much work you are producing. Power is the force you put into the pedal (indoors we regulate that with gear/resistance) and how fast you turn the pedals (cadence).

A higher average power output translates to both increased performance and improved fitness, which can lead to weight loss. All else being equal, the higher your average power (relative to you and your abilities), the more fit you are and the faster you will go (on a bike outside).



Greater fitness for a cyclist means greater performance. This is manifested by faster speeds, greater endurance and the ability to go farther for longer, the ability to climb hills faster and strive for your personal best in races and training. Greater fitness for a non-cyclist means stronger muscles that can endure for longer periods and a stronger, leaner body. Improved fitness also increases one's ability to burn calories, which for many indoor riders is the holy grail!

So whether you ride to improve your biking performance or burn calories, measuring your power so you can train your power level is the key to your success.

REFER A FRIEND

Refer a friend in November and receive a \$25 Restaurant Gift Card to one of Anchorage's top eateries: Spenard Roadhouse, Snow City Café and Sacks Café, South Restaurant & Coffee House! Stop into Membership today to find out more.

\$25 GIFT CARD

Sacks
café & restaurant

S O U T H
RESTAURANT + coffeehouse



**Spenard
ROADHOUSE**



DOWNLOAD OUR APP

FEATURES INCLUDE:

- CLASS SCHEDULES
- WORKOUT TRACKING
- REFER A FRIEND
- MONTHLY DEALS
- CHALLENGES
- FEEDBACK



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SCHEDULE YOUR TANS, MASSAGES, FACIALS AND COURT TIMES ONLINE AT THEALASKACLUB.COM



PICK UP THE FALL ACTIVITY GUIDE OR VIEW ONLINE AT THEALASKACLUB.COM

WHAT'S HAPPENING Fun For Everyone

FAMILY FUN NIGHT // FITNESS FEAST // FREE

Wednesday, November 18 | 4-7pm | South, East, Eagle River and Wasilla
Come join us for healthy family fun activities. *Bring a guest.*



FITNESS FAIR // FREE GUEST DAY

Thursday, November 19 | 5-8pm | South, East, West, Club for Women, Eagle River and Wasilla. Check in with your fitness experts on the latest techniques and tips to maximize your fitness program.

STARFISH ACADEMY SWIM LESSONS

Register online at thealaskaclub.com or call 264-2755 for more information. Check out our App deal for \$10 off group swim lessons at East, now for a limited time.



TURKEY SPLASH 2015

Saturday, November 21 | 1pm | South
Registration begins on November 1st at The Alaska Club South membership support desk. Questions? Call Nick, Aquatic Director at 365-7309. Cost: \$5

4 WALL TURKEY BRAWL

Thursday-Sunday, November 12-15 | Thu & Fri 5:30-10pm | Sat & Sun 9am-3pm | Midtown Racquetball tournament. Deadline to register is Sunday, November 8.

NOVEMBER

SATURDAY	1	DAY LIGHT SAVINGS TIME ENDS
MON-WED	2-24	FOOD DRIVE
THURSDAYS		EAGLE RIVER THURSDAY NIGHT RUN/WALK
WEDNESDAY	18	FAMILY FUN NIGHT // FITNESS FEAST
THURSDAY	19	FITNESS FAIR // FREE GUEST DAY!
SATURDAY	21	TURKEY SPLASH AT SOUTH
WEDNESDAY	25	NO GROUP FITNESS CLASSES AFTER 2:30PM
THURSDAY	26	HAPPY THANKSGIVING - NO CLASSES AND CLUBS CLOSED EXCEPT FOR EXPRESS
FRIDAY	27	GROUP FITNESS CLASSES RESUME AT 8AM
SATURDAY	28	ALS FUNRAISER // INSANITY® 12:30PM AND CIZE™ 1:30PM // BRING A GUEST!



LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE DRIVE, SUITE 103 · 365-7300 / EAST · 5201 EAST TUDOR ROAD · 337-9550 / WEST · 1400 WEST NORTHERN LIGHTS BOULEVARD · 264-2720 / FOR WOMEN · 1450 WEST NORTHERN LIGHTS BOULEVARD · 264-2700 / DOWNTOWN · 701 W. 8TH AVENUE, STE 100 · 274-4232 / MIDTOWN · 630 E. TUDOR ROAD · 562-2460 / EXPRESS JEWEL LAKE · 3841 W. DIMOND BOULEVARD · 245-2223 / EXPRESS MULDOON · 7731 E. NORTHERN LIGHTS BOULEVARD 338-2639 / EAGLE RIVER · 12001 BUSINESS BOULEVARD · 694-6677 / WASILLA VALLEY · 1720 EAST PARKS HIGHWAY · 376-3300 / PALMER 12051 EAST PALMER-WASILLA HIGHWAY / FAIRBANKS SOUTH 747 OLD RICHARDSON HIGHWAY · 452-6801 / WEST · 575 RIVERSTONE WAY · 452-3777 / JUNEAU VALLEY · 2841 RIVERSIDE DRIVE · 789-2181 / DOWNTOWN · 641 WEST WILLOUGHBY AVENUE · 586-5773