



# Member Newsletter

FAIRBANKS OCTOBER 2020

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October is Breast Cancer Awareness Month, reminding us all do to our part to bring awareness to this disease that still affects many Alaskans. Challenge a friend to join the "Rocktober" app fitness challenge and get in at least 20 workouts and kickoff your October fall fitness frenzy. We have a number of youth fitness activities too this month, so get in and get the whole family working out together. Be sure to check out our Fall School Day Camp through October 16th. Learn about all of these activities and programs at [TheAlaskaClub.com](http://TheAlaskaClub.com).

## CLUB HOURS

[www.thealaskaclub.com/hours](http://www.thealaskaclub.com/hours)



"The Club is very clean. My wife and I are happy to get back to our routine."  
- Peter



"The safety measures the Club has put in place have been very comforting to me and my workout partner."  
- Amy & Terry

## FROM KIKKAN

Winning an Olympic Gold medal didn't save me from getting cancer. But thanks to all the years of staying active, caring about good nutrition and working to cultivate a positive and resilient attitude, I had the mental skills and physical strength to get through my cancer treatment and return to my active lifestyle.

Now that I'm a couple years into my survivorship journey, I appreciate every day and am fully committed to keeping up those healthy habits so that I can stay healthy and strong for my family and my way of life. It's amazing how small good habits of physical activity, putting quality fuel in your body and getting enough rest can really add up to some incredible moments with those you love!

As we focus on breast cancer awareness this month, let's get out and get active together! Know your body, celebrate what it CAN do, and if you find something, get it checked!

Hope everyone is staying safe and making the most of this unprecedented year!

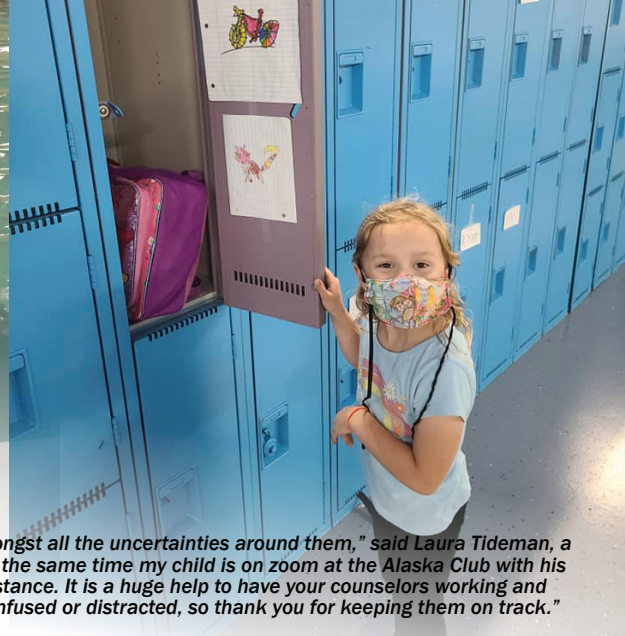
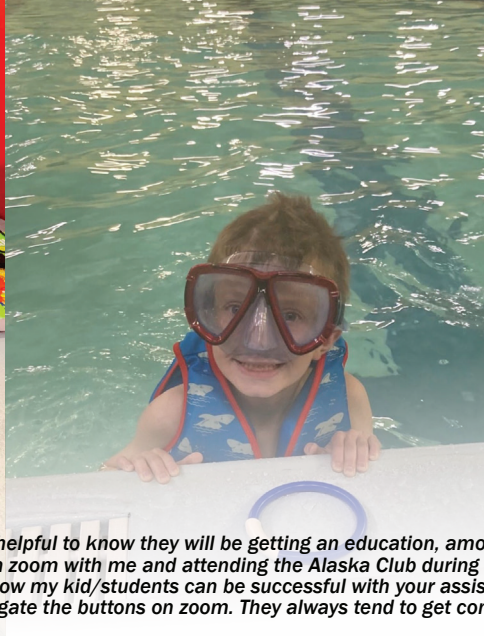
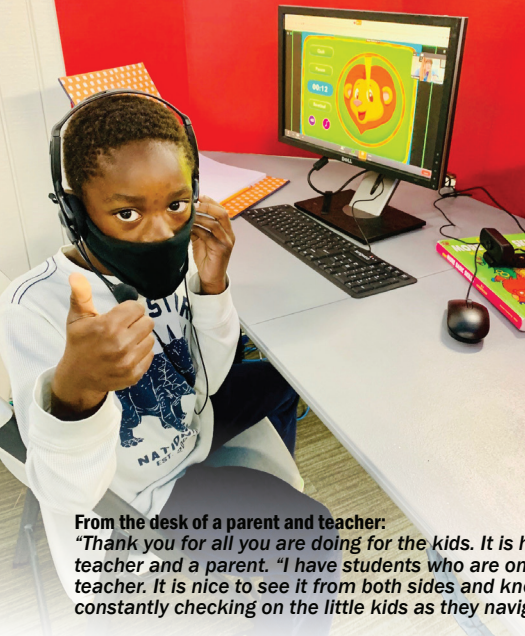
Cheers,  
Kikkan :)



"I think staff is doing a great job keeping the equipment clean, the locker room clean, it's all just immediate. I feel safe coming back and doing my thing."  
- Shane







From the desk of a parent and teacher:

*"Thank you for all you are doing for the kids. It is helpful to know they will be getting an education, amongst all the uncertainties around them," said Laura Tideman, a teacher and a parent. "I have students who are on zoom with me and attending the Alaska Club during the same time my child is on zoom at the Alaska Club with his teacher. It is nice to see it from both sides and know my kid/students can be successful with your assistance. It is a huge help to have your counselors working and constantly checking on the little kids as they navigate the buttons on zoom. They always tend to get confused or distracted, so thank you for keeping them on track."*

## FALL SCHOOL CAMP

The Alaska Club South, East, Eagle River, FBX South

Now that school is in session, we are offering on-site camps that can help support the needs of parents and kids. The Fall session runs through October 16th, 2020. **Stay tuned for a possible extension based on school district decisions.**

Learn more about our safety protocols and register at: [TheAlaskaClub.com/camps](https://TheAlaskaClub.com/camps)  
 Questions? Give us a call at 907-365-7393.

\*Licensed by the State, Municipality and American Camp Association.  
 Day Care Assistance accepted. Face coverings are required.

What our camp offers:

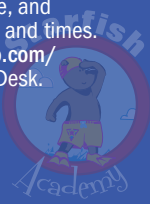
- Customized daily schedules for each camper
- Daily online learning with teacher instruction via Zoom
- Newly upgraded camp room at East
- Day Care Assistance at East camp
- Optional day & ½ day camps to meet parents schedules
- Options for Homeschool P.E. credits
- Qualified counselors
- Safety protocol education for campers
- Much more...

# REGISTER TODAY!

## SWIM LESSONS \*HOMESCHOOL PE ALTERNATIVE!

The Alaska Club FBX South

Starfish Academy offers lessons for swimmers of every age and level. Members and nonmembers welcome. Group, semi-private, and private lessons are available. Visit our website to see session dates and times. Registration is open for October lessons. Register at [TheAlaskaClub.com/StarfishAcademy](https://TheAlaskaClub.com/StarfishAcademy), call 365-7393, or stop by any Member Support Desk.



## CHILDCARE & PLAY CENTERS

Our playcenters are open and revamped with increased safety protocols. Reservations are required and the number of spots available are limited to insure we can maintain a fun and safe experience for your children. Some areas of the play centers are closed as an added safety measure. For more information or to make a reservation visit [www.thealaskaclub.com/kidsplaycenters](https://www.thealaskaclub.com/kidsplaycenters).



We've worked hard to get ready to welcome you and your family back to our clubs! Our focus is on the safety of our members and our staff! We've put protective measures in place to keep your kids safe, such as: activities that accommodate social distancing, limited capacity and small groups, deep cleaning and sanitation practices. Our camp kids will receive their own personal camp kits and we'll be talking daily about personal hygiene. Our staff will be wearing cloth face coverings and conducting daily health screenings including temperature checks.

Your kids are safe at The Alaska Club.



# IN THE MIX

## RECIPE OF THE MONTH

### BROCCOLI CHEDDAR AND DUMPLINGS

A creamy broccoli cheddar soup base topped with light and airy dumplings that make every bite so delicious. This is a cozy recipe that's one pot and done, perfect for all the cool fall nights ahead.

#### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 tablespoons salted butter
- 1 sweet onion, chopped
- 3 carrots, chopped
- 2 tablespoons chopped fresh thyme
- kosher salt and black pepper
- 6-7 cups low sodium vegetable broth
- 3 cups fresh or frozen broccoli florets
- 2 bay leaves
- 1/2 cup whole milk
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 cup buttermilk
- 1/4 cup grated parmesan cheese
- 1 tablespoon chopped fresh sage
- 2 cups shredded sharp cheddar cheese

#### INSTRUCTIONS

1. Heat the olive oil and butter together in a large soup pot over medium heat. When the oil shimmers, add the onion and cook 3-5 minutes. Add the carrots and thyme. Season with salt and pepper. Cook another 5 minutes.

3. Pour in the broth. Add the broccoli, bay leaves, nutmeg, and cayenne, and bring to a boil over high heat. Cover and cook for 10-15 minutes or until the broccoli is tender.

4. Meanwhile, make the dumplings. In a medium bowl, whisk together the flour, baking powder, and a pinch each of salt and pepper. Add the buttermilk, parmesan cheese, and sage, mixing until just combined.

5. Remove the bay leaves from the soup. Transfer 3/4 of the soup to a blender and blend until the broccoli is finely chopped. Return the soup to the pot and stir in the milk. Bring the soup to a boil over medium-high heat. Drop a heaping tablespoon of the dough into the soup, adding about 6 dumplings to the soup at a time. Cover, and cook for about 8-10 minutes, until the dumplings are cooked through and puffy.

6. Carefully move the dumplings aside, or if easier, remove dumpling from the soup, and stir in the milk and cheddar cheese, cooking until melted. Season to taste with salt and pepper.

7. Ladle the soup and dumplings into bowls and serve topped with pepper. Enjoy!

[halfbakedharvest.com](http://halfbakedharvest.com)

## OCTOBER POP-UPS

All classes FREE to members!

What are "POP-UPS"?

Whether a new class type, holiday themed class or one of your favorites on a different day - these classes pop up each month to bring variety and extra fun to the group fitness schedule. You can find these classes in the newsletter, highlighted on the website and listed in the group fitness schedules.



**Friday Night Yoga**  
FBX South  
Starts October 9 - 5pm  
Instructor: Amy

**Mid-Day Yoga Core**  
FBX South  
Starts October 5 - Noon  
Instructor: Amanda

**Fall PE Class - Starting Oct 6th!**  
Tuesdays & Thursdays 1PM - 2PM  
FBX South

All school-age children welcome.  
\$40 member / \$60 nonmember

Objective: To support learning and brain development through physical activity, games, and complex motor learning. Children who engage in physical sessions test better in reading, spelling, and math and are more likely to read above their grade level. Our program will focus on games and exercises that develop and preserve joint mobility and improve coordination. We believe that no child should find physical activity to be inaccessible. We will tailor the activities to each group as their abilities are assessed. Sports will play a role, but by no means be the primary measure in which we determine the success of the session. Rather, success will be determined by the ability to learn and overcome tasks of an appropriate difficulty. But most of all, it should be fun!

## MOSSA LAUNCHES

[WWW.THEALASKACLUB.COM/SCHEDULES](http://WWW.THEALASKACLUB.COM/SCHEDULES)  
NEW MUSIC, NEW MOVES

GROUP POWER  
GROUP CENTERGY  
GROUP BLAST

Coming soon!

## VIRTUAL CLASSES

Follow along with instructors from The Alaska Club to keep you fit and moving at home or wherever you may be. We offer something for everyone: Yoga, Insanity, Group Power, PLYO, Group Active ... and lots more. View the schedule for live-streamed and archived classes at:  
[thealaskaclub.com/online-workouts](http://thealaskaclub.com/online-workouts).

## SPOTLIGHT HANNAH VOGT

Personal Trainer



West & Club For Women

Level: Advanced

Specialties: Weight Loss, Functional Movement/  
Flexibility, Nutrition

Certifications and Education: NASM certified Personal Trainer, American Red Cross Water Safety Instructor, American Red Cross AED/CPR & First Aid Certified, undergrad in Nutrition and Dietetics.

Professional Experience: Swim coach/Water aerobics instructor for 3 years

Philosophy on Exercise: Strive to train your body and mind. A few small changes can go a long way in increasing the quality of life and overall well being.

"I've been working with Hannah 1-2 times per week for just over a year. She has helped me turn exercise into something enjoyable and even something I can feel proud of, which has never happened before.

I especially appreciate her encouragement and flexibility in scheduling home workouts via Zoom and even outdoor workouts during COVID. Instead of losing ground over the last six months, I have actually made progress. It feels great to be doing something positive for my health during an uncertain time. Thank you Hanna!" - Annie

To book an appointment, visit  
[TheAlaskaClub.com/Personal-Training](http://TheAlaskaClub.com/Personal-Training)

**DOWNLOAD  
OUR APP**

**GET THE ALASKA CLUB APP  
& EARN BIG POINTS!**

Join the rewards programming this month and send a friend a 3-day pass. If they join, you'll receive 500 Reward Points!

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
- Schedule classes
- Club Check-in
- Real-time Notifications



**OCTOBER APP CHALLENGES**

**October Rocktober Fitness Challenge:**  
Time to Rock out some killer workouts! Log 20 club-related workouts between Oct 1 - 31 (cardio, strength, classes, virtual classes, team training, personal training sessions). All those that meet the challenge will be put into a drawing for \$100 gift card to The Alaska Club Pro shop. Sign up via The Alaska Club app.



**ROCKTOBER**



THE ALASKA CLUB

[www.thealaskaclub.com/safety](http://www.thealaskaclub.com/safety)

THE ALASKA CLUB



**Thank you members for doing your part to keep our employees and other members safe during this unprecedented time.**

**EXERCISE OF THE MONTH**



**Split Squat to Over Head Press:**

**The Move:** Split Squat with Overhead Press  
Hold a dumbbell in each hand at shoulder level (elbows bent, as shown), step your right foot forward so your legs are in a staggered stance, and squat down. Press both weights overhead as you stand up. Do 5-8 reps, then switch your leg positions and do 5-8 more.

**Benefits:** vertical pressing and knee dominant strength, conditioning.

**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 / **CLUB FOR WOMEN** - 1450 WEST NORTHERN LIGHTS BOULEVARD 264-2700 / **DOWNTOWN** - 701 WEST 8TH AVENUE, SUITE 100 274-4232 / **JEWEL LAKE** - 3841 WEST DIMOND BOULEVARD 365-2717 **EAGLE RIVER** - 12001 BUSINESS BOULEVARD 694-6677 **WASILLA** - 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