



SUPPORTING OLYMPIC DREAMS

Member Newsletter

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WELCOME ☰ HAPPY AUGUST

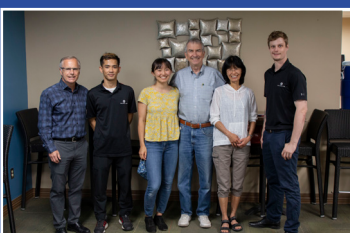
As we're still enjoying the long summer days and the fun outdoors, don't forget about the benefits of working out and how it can improve not only your physical and mental health, but your mood and sleep as well, all while reducing stress. We've provided many options for you and your family to workout and stay active during these challenging times. To learn more, go to: TheAlaskaClub.com/schedules, or see what is new on demand on TACConnect @ ConnectAKClub.com. Now is a great time to get your kids enrolled in fall swim lessons, and our School In-Service Camps coming this Fall. For more information visit www.thealaskaclub.com. There's never been a better time to take time out for you and your family at The Alaska Club!

A WELL DESERVED SHOUTOUT!

We want to recognize two superstar employees who recently helped resuscitate a member during a medical emergency. We honor:

Joshua Easterly,
East Operations Manager
&
Roland Siscar,
Manager on Duty

For their bravery and selfless actions, and for their exceptional representation as an employee of The Alaska Club.



YOGA IN THE PARK

ANCHORAGE
WEDNESDAY, AUGUST 4TH @ 6PM
DELANCY PARK STRIP

JOIN US FOR THIS FREE FRESH-AIR FLOW!

OLYMPICS ☰ AT THE CLUBS

The Alaska Club is a proud supporter of Alaskan athletes pursuing their Olympic dreams! Congratulations Lydia Jacoby for winning GOLD in the 100m Breast Stroke & SILVER in the Relay.

You can watch all the Olympic action from any of our clubs, just look for the signs identifying TVs dedicated to the games. There's still time to join the Olympic App Challenge by logging 8 workouts by August 8th. You could win a Personal Recovery Package.

#DIDYOUKNOW... Checkout the Olympic fun facts posted around the clubs!



CONGRATS LYDIA!

photo: USA Today

KIDS SUMMER CAMP

- SPORTS & FITNESS
 - DAILY SWIM & ACTIVITIES
 - EXPLORATION & LEARNING
 - CLEAN, SAFE & ATTENTIVE
- ↳ COVID SAFETY PROTOCOLS IN PLACE



**REGISTER NOW
DON'T MISS OUT!**

THE ALASKA CLUB EAGLE RIVER, EAST, SOUTH & FAIRBANKS

**SINGLE DAY
& WEEKLY**
OPTIONS AVAILABLE

9AM
THROUGH
4PM
BEFORE AND AFTER CARE OFFERED

FUN · ACTIVE · LEARNING · SAFE

OPEN TO NONMEMBERS · AGES 5-12 · CHECK WEBSITE FOR WEEKLY CAMP THEMES

DAY CARE ASSISTANCE ACCEPTED AT EAST & FAIRBANKS · REGISTER NOW @ www.TheAlaskaClub.com/Camps · (907) 365-7393

JUNEAU
**YOUTH
CHEER CAMP**
GOT A LITTLE EXTRA PEP IN YOUR STEP?
THEN JOIN US!

TWO YOUTH OPTIONS
AGES 6-8: MONDAYS & WEDNESDAYS, AUGUST 2 - 11
AGES 9-12: TUESDAYS & THURSDAYS, AUGUST 3 - 12

STARTING AT 10:45AM
ENDING AT 11:15AM

Students will learn techniques and short Pom-routines in these 30 minute classes. Pom's will be provided! Students are asked to bring bottled water and wear leggings or sweats with good fitting tennis shoes.

STUDENTS: MIN 4 / MAX 12
AT VALLEY STUDIO

MEMBERS: \$40 • NONMEMBERS \$85
TheAlaskaClub.com • CALL 907-364-4321 • Bthomas@TheAlaskaClub.com



BIRTHDAY PARTIES HAVE RETURNED TO ALL LOCATIONS!

Our safety protocols allow for safe gatherings, social distancing, enhanced disinfecting and much more!

For additional information, call (907) 365-7393 or visit TheAlaskaClub.com/parties.

SOUTHCENTRAL & FAIRBANKS SWIM LESSONS

The Alaska Club East, South, Eagle River, Wasilla & 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 pricing and to register. Registration for September lessons open August 15th. TheAlaskaClub.com/StarfishAcademy, call (907) 365-7393.



COMING SOON... KARATE CLASSES!

Meet the Karate instructors and participate in a demonstration class (for ages 7+) at Family Fun Night on Wednesday August 21st at the EAST location.

5:30, 6 or 7 pm (no registration required)

IN THE MIX

POP UP CLASSES

TheAlaskaClub.com/schedules

ANCHORAGE:

RETRO HI-LO South Studio 2

Wednesday, August 4 * 9:15am

We're going a little old school cuz old's cool! Work up a sweat with a touch of nostalgia in this fun mix of music and choreography from back in the day.

This time around leg warmers are optional!

Instructor: Clarissa C.

GROUP BLAST South Studio 2

Friday, August 6 and 13 * 9:15am

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.

Instructor: Dena T.

RETRO DANCE CARDIO South Studio 2

Wednesday, August 11 * 9:15am

We-e-e wanna dance with somebo-o-dy, somebody like you! Join us for this crazy fun dance workout featuring a funky playlist and retro choreo from back in the day.

Instructor: Clarissa C.

EAGLE RIVER:

INTRO TO PICKLEBALL

Tuesday August 24th 6 to 7:45 pm

\$10 members/\$25 nonmembers

Spots are limited

Register at the desk or online

Instructor: Coach Rob

FAIRBANKS:

PEDAL AND PUMP CLASS

Wednesday August 11th

6:15 pm Instructor: Kathie S.

Reservations required.

TACONNECT

BY THE ALASKA CLUB

TAConnect is our newest virtual fitness platform! Take fitness with you wherever you go! Accessible on smartTVs, online, and now on the new TAConnect app! Available in the App Store or Google Play. FREE to all Members!
CONNECT.AKCLUB.COM

NEW RELEASES FOR AUGUST:

NEW WEEKLY PICKS

Each week we'll highlight 3 of our video workouts to help balance out your fitness routine.

GET FIT FOR HUNTING SEASON

Join Justin Toenes, Master Level Personal Trainer, who'll show you how to dial in your workouts to maximize your strength and physical preparedness for your big hunt.

ON-THE-GO 30 MIN WORKOUTS

These 30 minute workouts are perfect for camping, travel, hotel stays, and much more!

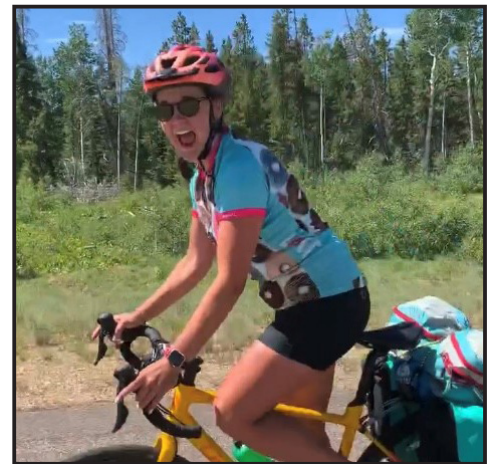
BALANCE BREAK

Try this quick 5-minute routine to help build strength and stability in your core. Best of all, no equipment needed -- you can do this workout anywhere.

SALE SALE SALE SALE SALE

Use code "Aug10" and receive 10% off when you shop on TAConnect!

EMPLOYEE SPOTLIGHT



PIPER HANEY

Hi I'm Piper! I just moved to Juneau in September and spent the last 6 years going to school in Boston and teaching spin. My classes at The Alaska Club incorporate a wide range of music and are welcoming to any skill level. Come try out a spin class and get your sweat on with fun beats and tough drills. When I'm not teaching spin I enjoy hiking, baking, and tie-dying.
Hope to see ya soon!

FAMILY FUN NIGHT IS BACK

4-7PM

EVERY 3RD WEDNESDAY

SOUTH, EAST, EAGLE RIVER*, WASILLA, FAIRBANKS* & JUNEAU

Bring a friend or come meet new ones!
It's better together!
Join us for a night filled with activities for all ages!
Games, Prizes, Workouts, Crafts & More...

TheAlaskaClub.Com/kids
or call (907)365-7393

*Fairbanks 5-8pm

hot yoga

Location: Studio @ Jewel Lake
thealaskaclub.com/studio-anchorage-gym

Reservations are required and can be made via the club app or website 48 hours prior to the class start time.



"I measure success from my Group Power workouts by how much it adds to my enjoyment of life. I am giving Group Power big points today after I successfully (and gracefully) stood up on a paddle board at Big Lake last weekend. The last time I tried, two years ago, was embarrassing for me and hilarious to those watching. Last year after Labor Day, I started going to Group Power 2 times a week at Alaska Club West, and on-line yoga 1-2 times a week. I started running in April this year. The year of fitness kept me healthy and sane during the pandemic. Now, in my sixth decade of life, I have the time and the body to enjoy activities like paddle boarding, hiking and fishing. Thank you for supporting my fitness with both technical excellence and humor that was much needed during the pandemic. Stacey is one of my favorite instructors!"
- Judy K.



JOIN TEAM QUEST FOR ALS



THE ALASKA CLUB

SATURDAY - SEPTEMBER 11 HUNTINGTON BEACH, CA

Register at:

<https://give.augiesquest.org/team/363562>

3 ways to support ALS research efforts:

Join our team and run with us at the Surf City Event on Sep. 11th in Huntington Beach, California (5K, 1/2 marathon or full marathon). Join our team and run a virtual event anywhere you want any distance you want. Make a donation through our team.

DOWNLOAD OUR APP

AUGUST APP CHALLENGE MIND YOUR MUSCLE

Your challenge is to get at least 12 strength training workouts in by month end to keep your mind on your muscle strength. Strength workouts can include Group Power, P90X, Expressway Circuit, etc.

Qualifying participants will be entered to win 2 Personal Training sessions with a trainer of your choice.



RECIPE OF THE MONTH

OLYMPIC RINGS FRUIT PLATTER

COURTESY OF THEKITCHN.COM

The five colorful rings of the classic Olympics symbol are represented with five colorful fruits. Of course, take these as suggestions: If you prefer raspberries instead of strawberries for the red ring, no one is going to fault you for that. Make sure to serve this on a large white platter to really make each fruit ring pop. But you're not just serving a giant platter of fruit here – it's the sauce that really makes this special. Serve this sweet and creamy mascarpone and yogurt sauce alongside the rings for your guests to dunk and drizzle.

INGREDIENTS

Blue

Of course it has to be blueberries - these little guys make for a pretty blue ring that stands out.

Black

Thank you, blackberries, for being one of the only black fruits out there. They're plump and juicy and big enough to be dipped right into the tangy sauce.

Red

Strawberries are always a crowd favorite. Let your guests pour the mascarpone sauce right over the berries on their plate, or just dunk a strawberry right into the bowl.

Yellow

Tropical pineapple keeps things extra fun. Cut the fruit in chunks and form it into a ring to make the first bottom ring.

Green

This is underdog kiwi's time to shine. Peel the fuzzy fruit and overlap slices in a ring to form the last bottom ring. Again, dunking is encouraged (notice a trend here?)

Dip

- 1 cup plain Greek yogurt
- 1/4 cup mascarpone cheese
- 1/2 cup coarsely chopped toasted macadamia nuts

INSTRUCTIONS

Carefully rinse and cut fruit, then lay out in rings (big enough for a dip bowl to go in the center). Whisk dip ingredients together until smooth, place in bowls and add nuts on top.



EXERCISE OF THE MONTH

Olympic Leg Circuit:

Olympians Ashleigh Johnson, Meghan Musnicki and Adam Rippon created an Olympic leg workout you can do in the comfort of your home.

Fire hydrant: Start on the ground in a tabletop position, with knees under your hips and arms planted to the ground under your shoulders. Keeping your knee bent, raise it up and out to the side. Continue for 30 seconds, then switch to the other leg.

Hip circle: Starting in the same position, move your knee in a circle motion for 30 seconds. Repeat on the other side.

Leg raise: Start by lying on your side, with legs stacked on top of one another. Raise one leg into the air, then lower down. Continue this motion for 30 seconds, then repeat on the other side.

Donkey kick: Return to table top position, keeping your back straight. Keeping your knee bent, raise your foot toward the ceiling then lower back down to the floor. Repeat this motion for 30 seconds, then repeat on the other side.



www.today.com/health/want-train-olympian-try-routine-t193705

AUGUST EVENTS

- 8/2 & 8/3 YOUTH CHEER CAMPS BEGIN - JUNEAU VALLEY
- 8/7 SKINNY RAVEN ALASKA DISTANCE CLASSIC | SKINNYRAVEN.COM
- 8/18 FAMILY FUN NIGHT
- 8/20 ALASKA STATE FAIR BEGINS
- 8/24 PICKLEBALL WORKSHOP - EAGLE RIVER
- 9/11 TEAM QUEST FOR ALS (CALIFORNIA)

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

