



Member Newsletter

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• HOLIDAY HOURS •

www.thealaskaclub.com/hours

12/31 New Year's Eve

SOUTHCENTRAL CLUBS:

South & Summit Closes @ 7pm
 East Closes @ 7pm
 West – PORTIONS OPEN 24 Hours*
 Club For Women Closes @ 7pm
 Downtown Closes @ 7pm
 Jewel Lake 24 Hours*
 Eagle River – PORTIONS OPEN 24 Hours*
 Wasilla – PORTIONS OPEN 24 Hours*
 Palmer Closes @ 7pm

FAIRBANKS CLUBS:

South Closes @ 6pm
 West 24 Hours*

JUNEAU CLUBS:

Downtown Closes @ 6pm
 Valley – PORTIONS OPEN 24 Hours*

1/1 New Year's Day

SOUTHCENTRAL CLUBS:

South & Summit 10am-6pm
 East Closed
 West – PORTIONS OPEN 24 Hours*
 Club For Women Closed
 Downtown Closed
 Jewel Lake 24 Hours*
 Eagle River – PORTIONS OPEN 24 Hours*
 Wasilla – PORTIONS OPEN 24 Hours*
 Palmer 10am-6pm

FAIRBANKS CLUBS:

South 10am-6pm
 West 24 Hours*

JUNEAU CLUBS:

Downtown Closed
 Valley – PORTIONS OPEN 24 Hours*

*Access available to members 18 years of age and older

HAPPY NEW YEAR WELCOME 2021

The start of the New Year is a time to reset and focus on new priorities and goals. Your good health is more essential than ever now! We've worked really hard and have learned so much along the way on how to keep you and your family safe and healthy! Discover what your membership has to offer by attending a new class format you've always wanted to try, like ZUMBA®, yoga, INSANITY® or Team Training which is FREE to members. The Alaska Club is excited to offer a new virtual fitness platform called TACONNECT, also FREE to members. Now you can access fitness anywhere, anytime! We wish everyone a happy and healthy New Year!

NEW NEW NEW TACONNECT

TACONNECT is our newest virtual fitness platform! Now you can take fitness with you wherever you go! Accessible on your mobile devices and online. Checkout the **NEW RELEASES** at connect.akclub.com/ondemand. It's FREE to all members.

HOW TO GET STARTED:

- Go to connect.akclub.com
- Sign up & select your plan (Active member of The Alaska Club)
- Complete your account information
- Go to Book my Class
- Book the classes you want to participate in virtually

WAYS TO ACCESS YOUR CLASS ON TIME:

1. You receive an email with the class link when you book the class – click on the link 5 minutes before class. Click the Join Now button. (A countdown clock will appear if it's over 5 minutes before the start time.)
2. You receive a reminder email 30 minutes before the class start time – click on the link 5 minutes before class. Click the Join Now button. (A countdown clock will appear if it's over 5 minutes before the start time.)
3. You can login to your TACONNECT account. (connect.akclub.com – go to login) Next to the My Account tab is My Bookings Tab. In My Bookings Tab are all the classes you have booked. There will be a Join now button when you are within 5 minutes of the class start time.

We look forward to seeing you in class!



HAPPY
new year
 2021



new releases coming soon

THEALASKACLUB.COM

FOR THE KIDS

SCHOOL CAMP

The Alaska Club East, South, & Eagle River

JAN 4-8
JAN 11-15

IN-SERVICE CAMPS

The Alaska Club East & Eagle River

JAN 18
FEB 12
FEB 15
MAR 5

- All camps offer creative and fun ways to keep your kids healthy and active all year long
- Full & ½ day camps available to provide flexibility with your busy schedule
- Flexible pricing for members and non-members – available online
- Professional, enthusiastic counselors
- Safety protocol education for campers and more
- Ages 5-12

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

Our camps are accredited by American Camp Association.

East is licensed by the Municipality of Anchorage & Day Care Assistance is accepted.

Face coverings are required.

REGISTER TODAY!

SOUTHCENTRAL & FAIRBANKS

SWIM LESSONS *HOMESCHOOL PE ALTERNATIVE!

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 session dates and times. Registration is open for January lessons. Register at TheAlaskaClub.com/StarfishAcademy, call 365-7393, or stop by any Member Support Desk.



SOUTHCENTRAL YOUTH PROGRAMMING

MUAY TAI GAMES *HOMESCHOOL PE ALTERNATIVE!

Martial Arts training appropriate for youth ages 6-11. Kids will learn the proper technique for punches and kicks, while having a fun fitness experience!

EAGLE RIVER
Mondays & Wednesdays @ 11am

Masks are required in MOA for all kids. They will be distanced 10' apart. To register, you can contact the Call Center at (907) 365-7393 or register at any Member Support desk or online at: thealaskaclub.com/kids.



CHILDCARE & PLAY CENTERS

Our play centers are open and revamped with increased safety protocols. Reservations are required and the number of spots available are limited to ensure 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.

CLUBS	Mon - Fri		Sat	Sun
	AM	PM		
Juneau	9:00 - 12:00	4:00 - 7:00	9:00 - 12:00	Closed
East	9:30 - 1:00	4:00 - 8:00	9:00 - 1:00	10:30 - 2:00
TAC South	9:00 - 1:00	4:00 - 8:00	10:00 - 1:00	10:00 - 1:00
TAC West	10:00 - 1:00	4:30 - 7:30	10:00 - 1:00	10:00 - 1:00
Fairbanks	9:00 - 12:00	4:00 - 7:00	10:00 - 12:00	10:00 - 12:00
Wasilla	9:00 - 12:00	4:00 - 8:00	9:00 - 1:00	10:00 - 1:00
Eagle River	9:00 - 12:00	4:00 - 8:00	9:00 - 1:00	10:00 - 1:00

IN THE MIX

RECIPE OF THE MONTH

WINTER SPINACH & PEAR SALAD

Coming straight from our TAC friends on Facebook!

INGREDIENTS

For The Salad:

handful of spinach
fresh pear, sliced
pomegranate seeds
crumbled goat cheese
toasted pecans

For The Dressing:

3 tbsp extra virgin olive oil
2 tbsp white wine vinegar
1 tsp dijon mustard
1 tsp honey
salt & pepper to taste

Shake, pour, enjoy!



MEMBER TESTIMONIAL

"Thank you for working so hard to keep your facilities open this year. You're doing the "right" thing by providing outstanding and virtual uninterrupted services."

- Dave
Member at The Alaska Club East

TEAM TRAINING FREE

TEAM TRAINING is back and FREE to members! It provides expert coaching, motivation & results for all fitness levels. It utilizes body weight, kettle bells, sleds, and more to give you a full body workout! It's a great supplement to your current fitness routine!

Reservations are required. Learn more at www.thealaskaclub.com/team-training today!

JANUARY CLASSES

SOUTHCENTRAL CLUBS:

HOLIDAY GROUP FITNESS SCHEDULE
Thursday, December 31: New Year's Eve
Classes end at 1:30pm
Friday, January 1, 2021: New Year's Day
Amended class schedule,
check thealaskaclub.com/schedules or
The Alaska Club app

MOSSA GROUP FITNESS LAUNCHES

All new music and all new moves!
- Starting Monday, January 18th:
Group Power & Group Centergy
- Starting Monday, January 25th:
Group Blast & Group Active

JUNEAU CLUBS:

MOSSA GROUP FITNESS LAUNCHES

New moves, new music coming your way just in time for the new year!
Group Power - January 16th
Valley @ 9am
Group Centergy - January 18th
Valley @ 12:05pm

FAIRBANKS CLUBS:

MOSSA GROUP FITNESS LAUNCHES

New moves, new music coming your way just in time for the new year!
Group Centergy - week of Jan 11th
Group Power - week of Jan 18th
Group Blast - week of Jan 25th

TACONNECT CLASSES

FREE to members!

We offer something for everyone: Yoga, Insanity, PiYo, Cycle... and lots more. For more information and to view the class schedule, visit: thealaskaclub.com/connect

10 Day Squat Challenge with Stacey Ledgerwood

January 18 - January 27

New challenges released daily @ noon

21-Class Yoga Challenge

January 11 - 31

Participants will receive:

- Daily yoga inspiration email
- Daily yoga pose breakdown and benefits associated with that specific pose
- New Year focus on calming your mind and firing up your warrior spirit

EMPLOYEE SPOTLIGHT



Molly Rawalt

Personal Trainer
The Alaska Club South

Hello everyone! This is my second year training at The Alaska Club. Seeing my client's progress in strength and endurance so that they can enjoy their best quality of life doing the activities that they love both outdoors and with their families, is why I love being a trainer. My philosophy is to build a strong foundation and habits so that our "house" not only stays strong but lasts long.

"Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily." - James Corbett

To schedule a training session with Molly, contact sbuklis@thealaskaclub.com

TACONNECT New Releases:

Yoga for Runners

Wednesdays 6 -6:30pm | January 6, 13, 20, 27

Virtual yoga practice designed to enhance the mental and physical demands of running.

Instructor: Andrew

Foam Rolling Class

Learn the fundamentals of using a foam roller for muscle recovery and performance enhancement.

Thursday January 7 | 5 to 6 pm

Instructor: Alec Kay - Physical Therapist

Dynamic Movement Training

Learn the fundamentals of movement training to improve range of motion and decrease muscle and joint discomfort.

Thursday January 28 | 5 to 6 pm

Instructor: Alec Kay - Physical Therapist

**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



JANUARY APP CHALLENGE

2021 FITNESS

21 workouts to get you off to a great start in the new year! Complete 21 workouts broken down into 7 workouts of 3 different types: 7 strength workouts 7 cardio or HIIT workouts & 7 mind/body or recovery sessions. Winning participant will receive a \$100 gift card to Alaska Home Fitness Equipment store.



NOW OPEN!



Alaska Home Fitness Equipment store at The Alaska Club West!

Alaska Home Fitness Equipment offers quality fitness equipment, expert installation, repairs, service and more. Now located at 1400 W Northern Lights in Anchorage. Look for our Grand Reopening coming soon!

(907) 205-9773

WWW.ALASKAFITNESSEQUIPMENT.COM



EVENTS SKINNY RAVEN

RAVEN RESOLUTION CHALLENGE
2020 was a heck of a ride. We all need some solid motivation to kick 2021 off right. Introducing the Raven Resolution Challenge! A month long challenge with a goal level for everyone, you can walk, hike, jog, run, bike or ski your way to the "finish line" and let your endorphins raise you up. Have your progress highlighted with "badges" as you complete mileage milestones. Join us for a weekly class from The Alaska Club's TAC Connect, and a weekly clinic to help you get rolling with healthy habits.

www.skinnyraven.com

QUICK PRE-SCREENING

Did you know you can now save time by answering your entry screening questions online?

Scan the QR code at the door or visit www.thealaskaclub.com and answer questions within 30 minutes of your workout!



**SAVE TIME WITH
MOBILE PRE-SCREENING**

EXERCISE OF THE MONTH

Oblique Crunch:



Lying on your back, knees bent towards ceiling, bring opposite elbow to opposite knee while pressing your spine to the floor.

Repeat this 10-15 times each side and repeat 3 times.

For beginners, just come up and touch opposite side as far as you are able without strain.

For advanced, increase your reps for each side and repeat 4 times.

JANUARY EVENTS

- 1/1
- 1/1
- 1/1 - 1/31
- 1/7
- 1/11
- 1/11
- 1/6, 13, 20, 27
- 1/28

- HAPPY NEW YEAR
- JANUARY APP CHALLENGE BEGINS
- SKINNY RAVEN - RESOLUTION CHALLENGE
- TACConnect - FOAM ROLLING CLASS
- TACConnect SQUAT CHALLENGE BEGINS
- TACConnect 2021 YOGA CHALLENGE BEGINS
- TACConnect - YOGA FOR RUNNERS
- TACConnect - DYNAMIC MOVEMENT TRAINING

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