



# Member Newsletter

## IN THIS ISSUE

Welcome  
 TACConnect  
 Youth Activities  
 Classes & Pop-Ups  
 Employee Spotlight  
 App Challenge  
 Recipe of the Month  
 Exercise of the Month  
 October Events  
 Contact Information

## WELCOME ■ OCTOBER

There is always something new happening at The Alaska Club:

- Squatober App Challenge
- New On Demand TACConnect Videos
- New In-Club Group Fitness Releases
- In-Service Camp
- New Youth Activities
- More Clubs with 24-Hour Access

Learn more at [TheAlaskaClub.com](http://TheAlaskaClub.com)



## WHY I WEAR PINK ■ BY JANET WARNER

Although it was many years ago, the memory is crystal clear - I was 9-years old. My family and I were decorating the Christmas tree. Our dog Dandy was super excited about the tree, the family, and the festivities. Although she was not allowed in the living room, she could not contain her excitement and she ran into the room. She was circling us, jumping up and down on the furniture, and then ran into the tree on her escape route down the hallway to avoid getting in trouble. My mom reached up to catch the tree and then screamed as I've never heard her before. My 9-year-old brain thought she was mad at Dandy. I had a whole save Dandy speech in my head, "mom, she didn't know any better and we got everything cleaned up, we'll keep her out of the living room, etc...." However, my mom's scream was not about Dandy. When she raised her arms, she felt an excruciating pain in the left side of her chest. Later, a doctor's appointment confirmed she had advanced breast cancer and would need a mastectomy.

It's hard to imagine now - but there was no pink power, no pink ribbons, no encouragement to get screening or talk about breast cancer. It was very hush-hush and almost treated as shameful. Fortunately, my Mom was a strong woman and did not let what could have been social norms cause her shame or embarrassment. Unfortunately, the diagnosis was late and the cancer was already in her lymphatic system and soon her bones. My mom died six years later.

My mom's cancer journey was certainly a spark for my fitness passion. The ability to take control of my health and motivate others in their fitness progress is key to my sense of being - how I can make a difference in my community.

The power of pink is real. We use it to bring awareness to breast cancer, encourage regular screenings, lift up those that are in the battle with breast cancer, and remember those that paved the path to bring breast cancer out of the shameful shadows into the empowered path of health and wellness we know today.

Yes, pink in general is one of my favorite colors, but every October I feel a great sense of purpose and pride seeing that color everywhere. I change my workout shoelaces to pink and hand them out to my class participants. I celebrate with "wear pink Wednesdays," hoping the conversation continues to empower all to get the necessary screenings for the best prognosis possible - should they be the 1 in 8 to get breast cancer.

Please join me in keeping the conversations going, the progress and support strong and the power in pink shining bright...

Janet Warner - Executive Director of Fitness Services, The Alaska Club

## SOUTH IS NOW OPEN 24 HOURS

After hours access available to members 18 years of age and older.

## 24 HOUR ACCESS COMING SOON TO EAST!

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



Ask us about Membership Plus where you receive discounted massages, unlimited UV and spray tanning, daily child care, guest passes and more!

[www.thealaskaclub.com/membership-plus](http://www.thealaskaclub.com/membership-plus)

## FOLLOW US!



## VAX UP CLINIC ■ EAGLE RIVER

Saturday, October 23rd @ The Alaska Club Eagle River from 9am-2pm



Join us for a vaccination clinic at our Eagle River location! We have teamed up with ConquerCovidAK for this pop-up clinic. Both Pfizer and Moderna vaccines will be available. To sign up, visit [www.conquercovidak.com](http://www.conquercovidak.com) today.

# KIDS IN-SERVICE CAMPS

FALL | WINTER | SPRING



## AT CAMP, WE EXPLORE, PLAY, AND GROW.

THE ALASKA CLUB CAMPS AIM TO KEEP OUR CAMPERS ACTIVE AND SAFE, WHILE HAVING FUN!

KIDS SWIM EVERY DAY!

REGISTER AT [THEALASKACLUB.COM/CAMPS](http://THEALASKACLUB.COM/CAMPS) OR CALL (907)365-7393 TODAY!

DCA AVAILABLE AT EAST.



## CAMP DATES:

EAST - SOUTH - EAGLE RIVER

OCTOBER 15 & 22

NOVEMBER 11

DECEMBER 17

WINTER BREAK: DECEMBER 20-24, 27-31

JANUARY 17

FEBRUARY 18 & 21

MARCH 4

## CHILDCARE & PLAY CENTERS

Our playcenters are open 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. For more information or to make a reservation, visit [thealaskaclub.com/kidsplaycenters](http://thealaskaclub.com/kidsplaycenters).

## 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](http://TheAlaskaClub.com/parties).

## SWIM LESSONS

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 November lessons open October 15th. [TheAlaskaClub.com/StarfishAcademy](http://TheAlaskaClub.com/StarfishAcademy), call (907) 365-7393.



## FAMILY FUN NIGHT

East, West, South, Eagle River, Wasilla, FBX South & Juneau Valley

A night filled with activities for all ages! Games, prizes, swimming, workouts, crafts, and much more! Family Fun Night happens the 3rd Wednesday of every month. To sign up, call (907)365-7393 today.

\*no pool at Juneau Valley

## ANCHORAGE CLASSES

### KARATE KIDS

The Alaska Club South  
Fridays 6-6:45pm Ages 5-7  
member \$25 / nonmember \$40

### YOUTH KARATE

The Alaska Club East  
Monday/Wednesday 5:30 to 6:30 pm  
Ages 7+  
member \$35 / nonmember \$75

The Alaska Club South  
Tuesday/Thursday 6-7pm Ages 7+  
member \$35 / nonmember \$75

## JUNEAU CLASSES

All classes listed are at the Juneau Valley location.

### CHEER CAMPS

Ages 5-7 Tuesdays & Thursdays 3:45-4:30pm  
Ages 8-11 Mondays & Wednesdays 3:45-4:30pm  
\$40 members / \$80 nonmembers

### JAZZ & HIP/HOP

Saturdays at 1:00pm | members \$45/ nonmembers \$85  
Ages 7-12

### JUNIOR CONTEMPORARY

Learn a short interpretive dance and contemporary technique.

Let's get moving and have some fun!

October 18th & 20th from 10:30am-11:15am  
Ages 7-12 | members \$25/nonmembers \$75

### STORY & STRETCH

Get moving with acting out stories using youga and stretching routines.

October 12th & 14th from 10:30am-11:15am  
Ages 4-6 | members \$25/nonmembers \$75



# IN THE MIX

## NEW CLASSES

September brings new classes to the schedule, check out the full schedule at [TheAlaskaClub.com/schedules](http://TheAlaskaClub.com/schedules) or on the club app. We encourage you to check the schedule weekly.

### ANCHORAGE:

New Mossa Releases  
 New Music \*\*\* New Moves  
 Starting Monday, October 11th: Group Active, Group Centergy  
 Starting Saturday, October 16th: Group Power  
 Starting Monday, October 25th: Group Blast

BOSU Barre Mashup  
 Sunday, October 17th  
 11:00am-12:00pm | South Studio 1  
 This unique fusion of BOSU and barre is a fun, challenging total body workout for any fitness level.  
 Instructor: Julie K.

Halloween Pound Party  
 Thursday, October 28th  
 6:30-7:15pm | South Studio 2  
 Join us for a spooktacular heart-POUNDing workout party! 45 minutes of rocking out using lightly weighted sticks. Costumes encouraged!  
 Instructor: Kim P

### JUNEAU:

New Mossa Releases  
 New Music \*\*\* New Moves  
 October 12:  
 Group Active 9:15am  
 October 13:  
 R30 9:15am | Core 9:45am  
 October 16:  
 Group Power 9am  
 Group Centergy 10:30am | Group Fight 11:45am

Classes @ Juneau Valley  
 Zumba 5:15pm - October 1st  
 Candlelight Yoga 6:30pm - October 1st  
 Pop up Cycle 9:00am - October 3rd  
 Monday Night Zumba 6:45pm - October 4th  
 Group Fight 5:30pm - October 6th  
 Group Centergy 6:45pm - October 6th  
 Pound 5:15pm - October 7th  
 Vinyasa Yoga 7:15pm - October 7th

### FAIRBANKS:

Group Ride week of October 2nd  
 Group Blast week of October 4th  
 Group Centergy week of October 11th  
 Group Power week of October 18th

New cycle class time!  
 Tuesday & Thursday 11:05 to 11:50am  
 Starting October 5th

## TACONNECT

BY THE ALASKA CLUB

TAConnect is our 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](http://CONNECT.AKCLUB.COM)

### NEW RELEASES FOR OCTOBER:

**Ready, Set, Go Group Power**  
 Never taken Group Power so not sure how to get set up for class? Not to worry -- this short intro video will show you what you need and how to set it up so you'll look like a Group Power pro from class one.

**Group Power How-Tos**  
 Check out these short video clips for some helpful pointers and movement breakdowns for various Group Power exercises.

**Crazy 8 Group Power Challenge**  
 Take 8 Group Power classes in October. Record your workouts on the PDF tracking sheet and submit it to be entered to win a set of weights and a gift bag from The Alaska Club.

**Yoga Mat Best Practices**  
 Get the scoop on how to select and best use your yoga mat.



## SCHEDULE A CLASS TODAY!

# hot yoga

Location: Studio @ Jewel Lake  
[thealaskaclub.com/studio-anchorage-gym](http://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.

## EMPLOYEE SPOTLIGHTS



**HANNA VOGT**

Congratulations to our very own, Hanna Vogt, on getting certified as a Master Trainer! We appreciate all you do for your clients to keep them strong and healthy.

**Request A Personal Trainer!** Visit [www.thealaskaclub.com/personal-training](http://www.thealaskaclub.com/personal-training) for details and requests.



## SURVIVOR

After 20 years of being treated for Asthma with declining symptoms, I was not satisfied with my care and sought out specialist care. See, one of the advantages of being fit is being in tune with your body and systems. I knew something was not being addressed and it was up to me to pursue further medical procedures. I went to Virginia Mason in Seattle to see a pulmonary doctor. It was then, I found out I had a tumor in my left bronchial tube. I quickly had a procedure to remove it, but they were only able to get half of the tumor. After sending it to be diagnosed, I found out it was a Carcinoid, and I was back in three-weeks to remove the other half. After my six-week check-up, I thought I was good to go and I was back to teaching group fitness at the Juneau clubs.

More surgery followed in months to come to repair the bronchial tube and remove half of my left lobe where they saw a nodule. This procedure was only recommended to people who were in good physical form. My doctor thought I was a perfect candidate and he could save the other half of my lobe, and he did! This is why I love teaching group fitness, it's keeps me fit - both physically and mentally. Now I'm down to just annual check-ups and so far so good.

I tell you this story to make people aware of the importance of getting an annual screening, it could save your life! Remember October is Breast Cancer Awareness month and time to get your check-up, especially if you're over 40 years of age.

-Becky Thomas  
 Director of Group Fitness,  
 Juneau



# HYDRAFACIALS® are back



HydraFacials are available at  
East, Summit, Eagle River  
& Wasilla locations.

[www.thealaskaclub.com/spa-amenities](http://www.thealaskaclub.com/spa-amenities)

Call (907)365-7393 For an appointment.

## RECIPE OF THE MONTH

### COCONUT VEGGIE SOUP

COURTESY OF MARKETING'S OWN KELSEY STONE

This is my go-to soup recipe once the leaves start turning. Try it out and let me know what you think!

#### INGREDIENTS

32 oz vegetable stock  
1/2 zucchini, sliced into small pieces  
1/2 cup corn (can be frozen)  
1 spoon of garlic, minced  
1 celery stalk, chopped  
1/2 cup chopped carrots  
1/2 cup chopped white onion  
2 large potatoes, cut into small pieces  
1 & 1/2 cup rice - cooked  
1/4 stick butter  
1 tsp cayenne  
1 tsp pepper  
1 tsp salt  
1 can premium coconut milk  
1 tsp corn starch  
shredded chicken (if wanted)



#### INSTRUCTIONS

1. Add butter, onions, garlic, celery, and carrots into large pot and let sweat for 5 minutes on med-low heat.
  2. Get rice cooking in a separate pot.
  3. Add potatoes and other veggies into main pot, along with all spices. Turn heat to medium and let cook 10 minutes.
  4. Add vegetable stock and chicken (if using), cook 10 minutes.
  5. Add in rice, coconut milk, and corn starch\*. Cook additional 15 minutes, then serve!
- \*I combine corn starch and a small amount of cold water to mix it up before adding into the soup pot.

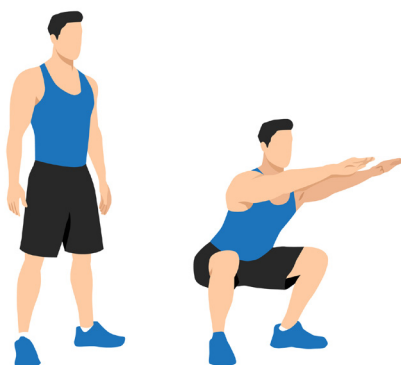
## OCTOBER APP CHALLENGE SQUATOBER

Log a minimum of 12 squat-based workouts in the month of October! Members who complete the challenge will be entered to win a \$100 gift certificate to Alaska Fitness Equipment.



# SQUATOBER

## EXERCISE OF THE MONTH



#### Basic Squat:

Known as a bodyweight squat or an air squat, the most basic type of squat uses just your body weight for resistance. Variations of the squat can include weights, like barbells or dumbbells, resistance bands, or yoga balls.

#### To do a basic squat:

1. Start with your feet slightly wider than hip-width apart.
2. Keep your chest up, engage your abdominals, and shift your weight onto your heels as you push your hips back into a sitting position.
3. Lower your hips until your thighs are parallel or almost parallel to the floor. You should feel the squat in your thighs and glutes.
4. Pause with your knees over, but not beyond, your toes.
5. Exhale and push back up to the starting position.

"The Alaska Club is by far the best gym I've been to! I primarily go to the West location. They have a ton when it comes to variety and quantity of equipment. Their staff is friendly and very helpful, if you have questions there's almost always someone available to help. They have tanning and massages. Also nice you can just charge food or drink to your account"

- Sam



## OCTOBER EVENTS

10/1  
10/8  
10/13-10/17  
10/15 & 10/22  
10/20  
10/23  
10/23 & 10/24  
10/30  
10/31

APP CHALLENGE BEGINS  
ASAA & FNBA STATE TENNIS CHAMPIONSHIPS @ EAST  
HANDBALL TOURNAMENT  
YOUTH IN-SERVICE DAY CAMPS  
FAMILY FUN NIGHT  
VAX UP CLINIC @ EAGLE RIVER CLUB 9AM-2PM  
GO WINTER EXPO @ CARLSON CENTER IN FBX  
SKINNY RAVEN: FRIGHTENING 4K  
HAPPY HALLOWEEN

## 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 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



THEALASKACLUB.COM

