



Member Newsletter

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WELCOME ☰ HAPPY SPRING

Spring kicks new life into us with longer days and warmer weather. Our motivation also increases, so it's a perfect time to kick your fitness up a notch. Let springtime's rejuvenation inspire you to try something new. Maybe it's a new group fitness class or Team Training. Many of you will be preparing for a triathlon, a 5K, 10K or more, so you may want to talk to a personal trainer about developing a customized program. This spring, kick up your training inside to perform better outside. Learn more at TheAlaskaClub.com.

hot yoga is back

STUDIO AT JEWEL LAKE

Hot Yoga classes will soon be available for The Alaska Club members, starting April 13th. Visit our website and social media pages for the details!

HOT TUBS ARE NOW OPEN

We know you've all been waiting!
Hours vary per location.

BASKETBALL COURT RULES

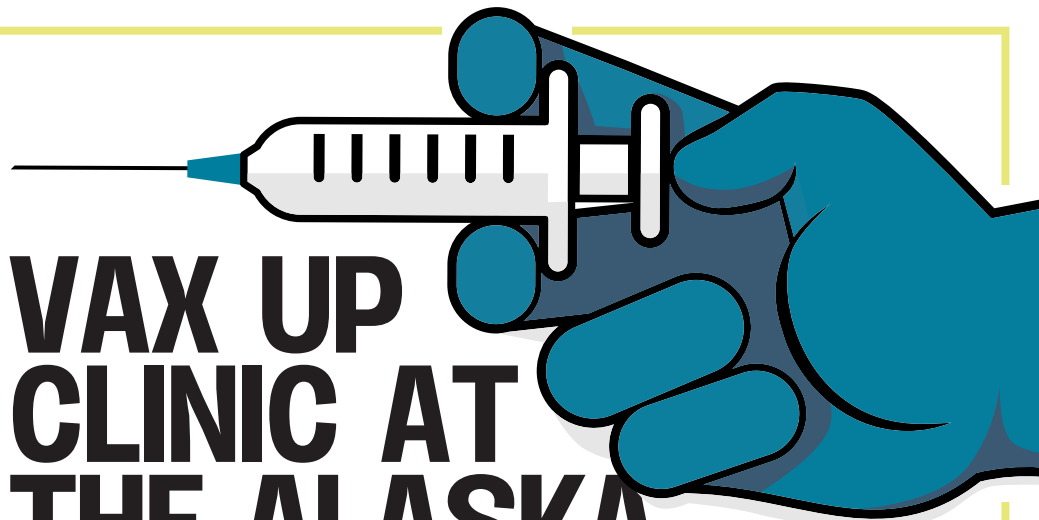
The following are required safety measures for basketball court use:

- In accordance with MOA's EO-19, no pickup games or 1-on-1 games are allowed
 - Everyone must maintain 6ft social distance
 - Face coverings are required at ALL TIMES within the Club, including on the basketball court
 - You will not be allowed access to the gym without a face covering
 - Failure to comply may lead to basketball court closures and possible revocation of memberships
- We appreciate your cooperation.

4/4/21 EASTER HOURS:

- SOUTH & SUMMIT: CLOSED
- EAST: 10AM-6PM
- WEST: PORTIONS OF THE CLUB OPEN AFTER HOURS*
- CLUB FOR WOMEN: CLOSED
- DOWNTOWN: CLOSED
- STUDIO HOT YOGA: CLOSED
- JEWEL LAKE: OPEN 24 HOURS
- EAGLE RIVER: PORTIONS OF THE CLUB OPEN*
- WASILLA: PORTIONS OF THE CLUB OPEN*
- PALMER: 10AM-4PM
- FBX SOUTH: CLOSED
- FBX WEST: OPEN 24 HOURS
- JUN DOWNTOWN: CLOSED
- JUN VALLEY: PORTIONS OF THE CLUB OPEN*

*ACCESS AVAILABLE TO MEMBERS 18 YRS+, LIMITED AREAS



VAX UP CLINIC AT THE ALASKA CLUB WEST

1300 W NORTHERN LIGHTS

GET YOUR COVID-19 VACCINE!



TUESDAY
APRIL 6
9:30AM - 6:30PM

For questions or help signing up, call (907)646-3322

NO MEMBERSHIP REQUIRED - OPEN TO THE PUBLIC

The Pfizer vaccinations provided at The Alaska Club event will be administered by Fairweather, one of the vaccination vendors approved by the State of Alaska and contracted to work within the Municipality of Anchorage.

TO MAKE AN APPOINTMENT: www.conquercovidak.com/vax-up_the-alaska-club/

KIDS SUMMER CAMP

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



THE ALASKA CLUB EAGLE RIVER, EAST, SOUTH & FAIRBANKS

SUMMER CAMP DATES
MAY 24 - AUG 13
**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



THE ALASKA CLUB WAS VOTED THE 2020 BEST OF ALASKA
GOLD WINNER FOR SUMMER CAMPS

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 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. TheAlaskaClub.com/StarfishAcademy, call 365-7393.



IN THE MIX

NEW POPUPS

POP-UPS ARE FREE FOR ALL MEMBERS.
TheAlaskaClub.com/popup-classe

RETRO HI-LO

Anchorage South | Studio 2
 Sunday, April 11 * 1-2pm

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.

POUND

Anchorage South | Studio 2
 Sunday, April 18 * 1:00-1:45pm

Channel your inner rock star in this fusion of music and movement. Inspired by the sweat-dripping fun of playing the drums, this total body cardio/strength jam session uses lightly weighted sticks.
 Instructor: Kim P.

HIP HOP CYCLE

Eagle River | Cycle Studio
 Friday, April 9 * 5:30-6:30pm

Join us for a beat bumpin', heart pumpin' party on a bike!
 Instructor: Chris P.

BOOGIE 'N BARRE

Wasilla | Group Fit Studio
 Sunday, April 11 * 2-3pm

Join us for this crazy-fun fusion class! First, you'll boogie down to a funky playlist, then shed your shoes for some muscle-quivering barre work.
 Instructor: Bronwen H.

AFRICAN DANCE

Wasilla | Group Fit Studio
 Friday, April 23 * 5:30-6:30pm

Let the beat of the drums move your body! This class fuses fancy footwork with full body movements set to high energy drum rhythms from West Africa. Get ready to sweat and have fun. Shoes optional.
 Instructor: Bronwen H.

POP UP ENDURANCE RIDE

Juneau Valley
 April 24 8:30-10:00am

Instructor: Charlene

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 APRIL:

TABATA WITH TALEEN

Coming soon to On-Demand
 HIIT your entire body with short bursts of cardio followed by even shorter recovery sets. You'll dance, punch and jump to the beat in this 20/10 work/rest Tabata-style workout that's fast paced, fun and burns tons of calories.
 Instructor: Taleen

DANCE BREAK

Coming soon to On-Demand
 Get some killer choreo in these short, fun dance routines. Not a dancer? Don't worry... Josh will show you how.
 Instructor: Josh

ZUMBA KIDS

April 6, 13, 20, 27 | 4:45pm-5:30pm
 Perfect for our younger Zumba fans. Zumba Kids features kid-friendly routines and gets kids moving and jamming to their favorite music.
 Instructor: Julie

TRI TRAINING SERIES

Coming in April!
 Thinking about doing your first Tri this year? Check out these classes offering tips and training to help get you started.
 Swim Clinic with Shelen S (Iecutre)
 Audio Coached Run with Lara M.
 Cycle Training Ride



EMPLOYEE SPOTLIGHT



ANGELA MANDERFELD

Angela Manderfeld -- Dance Cardio and Zumba instructor extraordinaire -- has been teaching for The Alaska Club since 2010. In the past few years, she's also added Yoga Sculpt to her teaching skills. Angela's classes are super popular because she brings high energy, a passion for teaching and the ability to connect with members to each and every class.

Angela's also a registered dietitian and diabetes nutrition expert with board certification in advanced diabetes management. She recently published a book -- *Outsmart Your Diabetes: A Step-by-Step Guide to reversing Type 2 Diabetes* -- which is packed with tools and real-life examples. Angela describes it as a book you DO instead of just read.



Please join us for a book signing with Angela on Saturday, April 10 at 11:15am at South Studio 1. She'll have copies available for purchase, or if you already have a copy, bring it in for her to sign.

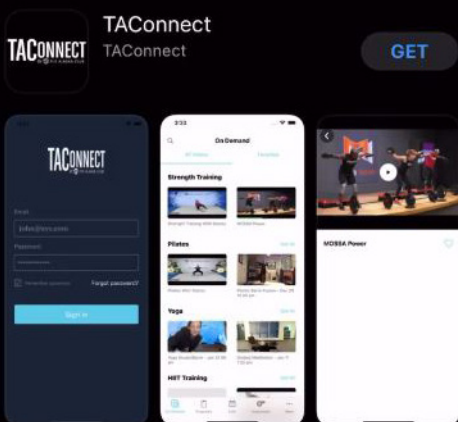
[CLICK HERE TO PURCHASE ONE!](#)

MEMBER TESTIMONIAL

Warm, friendly and efficient staff. The Club really cares about you and your health. They go above and beyond to assist you in meeting your fitness goals. Staff from all departments consistently greet us and ask how we are enjoying the Club.

- Terry

THE TACONNECT APP IS NOW AVAILABLE!



**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



APRIL APP CHALLENGE SPRING TRAINING

Time to get ready for all our summer adventures. Let's bump up our cardio, get our strength training dialed in and keep our movements and mind strong with yoga, pilates, Tai Chi, Group Centergy, Pi Yo. Challenge mission is minimum of 3 cardio, 2 strength and 1 mind/body workout per week! Winner will receive a \$100 Skinny Raven Sports Gift Card.



RECIPE OF THE MONTH

CRAN/BLUE SALAD WITH A BLUEBERRY BALSAMIC DRESSING

This scrumptious Spring salad is fun, fruity, and flavorful! The homemade dressing will blow your mind!

INGREDIENTS

- 1 heaping cup blueberries
- 1 4-5 oz bag spring mix salad greens
- 1/2 English cucumber, chopped
- 1/2 cup mandarin orange segments
- 1/4 cup dried cranberries
- 2-4 TBSP roasted unsalted sunflower seeds

BLUEBERRY BALSAMIC DRESSING:

- 1 cup blueberries
- 1/3 cup balsamic vinegar
- 2 TBSP red wine vinegar
- 2 TBSP dijon mustard
- 1 TBSP honey
- 1 tsp salt (I use sea salt)
- 1/8 tsp black pepper
- 1/2 cup avocado oil (olive oil works too)

INSTRUCTIONS

First make your dressing: In a food processor or blender, combine all dressing ingredients except for the avocado oil. Blend until blueberries are completely pureed, then use the little top cut-out to drizzle in the avocado oil at the end. Once dressing is emulsified you're good to go!

Wash + dry your greens.

Combine with cucumber and blueberries, then toss with a drizzle or two of dressing. Add extra as desired.

Top with mandarin orange segments, dried cranberries, and sunflower seeds and serve! or more almond milk until a desirable consistency is reached.

Serve immediately. Best when fresh, or stored in the refrigerator overnight in a covered jar if needed.

www.peasandcrayons.com



EXERCISE OF THE MONTH



Runner's Lunge:

Runner's Lunge is a hip strength and stability pose. It strengthens the knees, quads, glutes and hips and stretches the ankles, calves, hamstrings, hip flexors and groin. It's a great warm-up pose to practice before dropping into deeper poses and stretches.

Runners, make sure this is included in your warm-up and cool-downs!



American Heart Association
Alaska Heart Run™

Making It Your Own!

The 2021 Alaska Heart
Run & Walk

Presented by
Alaska Heart & Vascular Institute

SATURDAY, APRIL 24th

9:30 am Facebook Kick Off Event
11 am - 1:00 pm Drive-Thru Rally

APRIL EVENTS

4/4

4/6

4/9-4/11

4/9-4/18

4/24

5/1

HAPPY EASTER!

THE ALASKA CLUB WEST VAX UP CLINIC

MAT-SU OUTDOORSMAN SHOW

Friday: 12-7pm Saturday: 10am-6pm Sunday: 10am-5pm
@ the Menard Sports Center in Wasilla

BEAT BEETHOVEN 5K - FAIRBANKS

ALASKA HEART RUN & WALK

SKINNY RAVEN - CABIN FEVER RELIEVER
skinnyraven.com



DID YOU KNOW

The Alaska Club has had over 935,000 member visits with 0 reported Covid-19 transmissions.



THEALASKACLUB.COM

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