



ACTIVE IN AUTUMN



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WELCOME OCTOBER

October is Breast Cancer Awareness month, and The Alaska Club is recognizing the cause through events happening all month long. Join us at Delaney Park Strip on October 7 for the Making Strides Against Breast Cancer Walk, sign up to get your annual mammogram (or remind the women in your life to do it) at The Alaska Club South on November 1st, or dance your way over to TAC South on October 27 for a Zumba Party in Pink. Non-members are also welcome, so feel free to invite a friend. Donations will be collected and given back to support breast cancer research and care right here in Alaska.

October is a great time to switch up your routine and try something new! Check out one of several upcoming pickleball workshops, try a pop-up group fitness class, bring your kids to a NextGen Fit class, or enjoy some family time together at an open swim. Learn more about all the great programming that comes with your membership at thealaskaclub.com



PARTY in
pink
ZUMBAthon™
@SOUTH CLUB GYM

Join us for this super fun Zumba dance party to raise funds for breast cancer awareness. All proceeds will be donated locally to The Alaska Run for Women. Pre-registration is not required and guests are welcome!

Member: Suggested \$10 donation

Non-Member: \$15 donation

For more information, visit thealaskaclub.com/popup-classes



**MOBILE MAMMOGRAPHY
IS COMING TO YOU IN NOVEMBER!**

@SOUTH CLUB GYM

10931 O'Malley Centre Drive, Anchorage, AK

WEDNESDAY, NOVEMBER 1 • STARTING AT 9AM

If you are a woman age 40 or older and due for your annual screening mammogram, give Providence Imaging Center a call at (907) 212-3151 to schedule this important 20-minute test.

OCTOBER EVENTS

October 5-7 ASAA Tennis State Championships @ TAC East

October 7 Making Strides for Breast Cancer, Anchorage

October 18 Family Fun Night

October 27 Zumba Party in Pink @ TAC South

October 28 Skinny Raven Frightening 4K, Anchorage

October 31 Happy Halloween!

November 1 Mobile Mammogram @ TAC

APP CHALLENGE

Raking in Fitness October '23 Fitness APP CHALLENGE

Your challenge is to log 16 workouts between October 1-31. Join the challenge from the club app. Manually log your workouts in the app or connect your workout device (Apple Watch or Fitbit) directly to the app for automatic logging. All those that complete the challenge will be entered to win one month of Membership Plus.



**RAKING IN FITNESS
October App Challenge**

Click Image for TAC App

Member Note: Existing membership dues will increase beginning October 1, 2023. Contact Member Accounting at (907) 330-0102 or thealaskaclub.com/contact-member-accounting for details.

FOLLOW
US!





KIDS CAMP



East, South, Eagle River

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 or by calling
(907) 365-7393 today!

Day care assistance available at East.

Winter Camp – December 26-29 and January 2-5
Spring Break Camp – March 11-15
Summer 2024 Camp – May 28-August 9

YOUTH HANDBALL

The Alaska Club South Racquetball Court 1

Learn how to play handball including rules, point scoring, strategy and foot work for ages 8-13.

Saturdays, Noon -2pm

Instructor Chris K.

\$40 member, \$65 non members
per month

[Register Here](#)



NEXT GEN FITNESS FALL '23

Next Gen Turf

Circuit style of workout using all of the cool functional training equipment.

Held in the turf area of the club.

Ages 9-13

Anchorage South

Tuesdays 6:15pm

Anchorage West

Mondays/Wednesdays
5:15pm

Eagle River

Mondays/Wednesdays
5:15pm

Wasilla Jr. Jam

Tuesdays/Thursday
5:45pm



REGISTER FOR SWIM LESSONS!

The Alaska Club East, South, Eagle River, Wasilla & Fairbanks South

Starfish Academy offers lessons for swimmers of every age and level.

Members and nonmembers welcome.

Visit our website to see pricing and to register:

[Register Here](#)

or call (907) 365-7393.



FAMILY FUN NIGHT

The Alaska Club East, South, Eagle River, West, Wasilla, Fairbanks & Juneau

Family Fun Night is Wednesday, October 18th (every 3rd Wednesday of each month). Join us for fun and family-friendly activities like swimming, games, bouncy houses for kids, crafts and sports. It's a great time for guests to tour the facility, meet trainers and learn more about The Alaska Club.

thealaskaclub.com/kids



YOUTH MARTIAL ARTS

Karate

East

Ages 6+

Mondays &
Wednesdays

5:30-6:30pm

\$35/\$75

[Register Here](#)

Karate

South

Ages 8+

Tuesdays &
Thursdays

6:30-7:30pm

\$35/\$75

[Register Here](#)

Karate Kids

South

Ages 5 to 7

Tuesdays & Fridays

5:30-6:15pm

\$25/\$55

[Register Here](#)





TACONNECT

BY THE ALASKA CLUB

NEW THIS MONTH

TAConnect October

Time to get back into the fall fitness routine. TAConnect is in your tool box to ensure you're getting a well rounded week of fitness. Need some more yoga in your life? Find it in TAConnect. Need a push into some higher intensity? Find it in TAConnect. Want to dance it out like no one is watching? Yes you can also find that in TAConnect.

We're here for you – anytime and anywhere. Join us for live streaming workouts when you're not able to get into the club. You can still workout along side your peeps and favorite instructors. Book your classes. We're excited to see you!

connect.akclub.com/signup

STUDIO JEWEL LAKE

Studio Hot Yoga app is now available in the app stores. Use the app to book your classes and stay up to date on all things happening at Studio. If your club membership is not connected to your account, please email groupfitness@thealaskaclub.com to request your club membership be added to your account.



Click Image for Studio App

Pop Up Hot Hip/Hop Yoga

Yoga practice focused on strengthening and stretching the hips all set to an awesome hip/hop playlist.

Friday, October 13th 6-7pm

Instructor: Chelsea

GROUP FITNESS

October Pop-Ups

Fun specialty classes pop up on in the schedule each month. Check out what's popping up in October:

thealaskaclub.com/schedules



LOCATIONS

South 344-6567

Summit 365-7300

East 337-9550

West 264-2720

Club For Women 264-2700

Downtown 274-4232

Jewel Lake 365-2717

Eagle River 694-6677

Wasilla 376-3300

Fairbanks South 452-6801

Fairbanks West 452-3777

Juneau Valley 789-2181

Juneau Downtown 586-5773

CELEBRATION!



Birthday Celebration!

Ali's amazing Friday Group Power class at TAC West celebrated long-time member, Ken Flynn's 81st birthday last month with style. What an awesome community of dedicated strength trainers! We're so grateful for your membership. Thank you, Ken for spending part of your birthday with us!

WINNER SPOTLIGHT

August Fitness Challenge Prize Drawing Winner

Congratulations to **Shannon Jester** for winning one month of Membership Plus. Congratulations Shannon!

SELF DEFENSE WORKSHOP

Learn situational awareness to avoid potential danger as well as movements to defend yourself if necessary. Led by former APD officers and fitness professionals Steve and Tammy Dunn.

Saturday, October 14th

1-2:30pm

The Alaska Club West

\$20 members/\$40 non-members

[Register Here](#)



YOGA AND BEER

Begins October 18th

Wednesdays 6-7pm Ongoing

Williwaw (F and 6th street

Downtown Anchorage)

Ready to bend for that brew? Dip for that sip? Join TAC at Williwaw Social for Yoga + Beer every Wednesday.

Arrive at 5:30 to purchase your pint, socialize, and roll out your mat. This free class will be 6-7pm. Must be 21+

For more information, visit happeningnext.com/event/yoga-beer





EMPLOYEE SPOTLIGHT



Meet the Team behind The Alaska Club Eagle River!

The Alaska Club Eagle River team is made up of multiple hardworking Individuals that come together to ensure a fun and thriving home of Health and Fitness for the community. Among this team is Dustin Black, Operation Manager of The Alaska Club to answer a few questions about the team and himself:

Q: How long have you worked at TAC?

A: I've been working with the club for 4 years, starting in membership and working my way up.

Q: What do you enjoy about working at TAC?

A: My team and the members that I see on the daily. There is never a dull day, and the challenges we face aren't ever that challenging when you've got the right people surrounding you.

Q: How does your team help you with the day-to-day projects of the club?

A: Well, none of this would be possible without the dedication of everyone involved, a huge thank you goes out to my team for everything they do and for their willingness to step up to difficult challenges.

Q: What's your favorite thing to do at the club when you're not working on projects?

A: If I'm in the club not working, I'm either working out or shooting threes on the court with members.

Q: What do you like to do outside of work for fun?

A: Spend time with family and friends, exploring the great state of Alaska. I've been here for four years and still have so much to see.

Q: Where are you from?

A: I'm originally from Greenville, South Carolina and I'll admit that I do miss my beaches. Most of my family is there so facetimeing them on the weekends is always a fun time.

Q: What would you like members to know about you?

A: Just that I am grateful to be a part of such an awesome community and that I consider members to be just as a part of the team we've built in Eagle River as the staff we have on board. Thank you for everyone involved with the growth of our club and community!

MOSSA GROUP FITNESS LAUNCHES



Southcentral

New Music ** New Moves

Starting Monday, October 2nd

*Group Blast: high-energy athletic interval cardio workout using the step

Starting Monday, October 9th

*Group Active: all-in-one workout of cardio, strength, balance, core and flexibility

Starting Monday, October 16th

*Group Power: total body strength training workout using a barbell, weight plates body weight and step bench

Starting Monday, October 23rd

*Group Centergy: athletic blend of fundamentals from yoga and Pilates

Juneau

Starting Monday, October 2nd

*R30 – 30 minute cardio interval workout on the bike.

*Group Ride – 60 minute cardio interval workout on the bike.

Starting Monday, October 9th

*Group Power - total body strength and movement training workout using a barbell, weight plates body weight and step bench.

*Group Active - all-in-one workout of cardio, strength, balance, core and flexibility

Starting Monday, October 16th

*Group Fight – cardio and movement training workout using MMA style conditioning exercises and drills.

*Group Blast - high-energy athletic interval cardio workout using the step

Starting Monday, October 23rd

*Group Centergy – athletic blend of fundamentals from yoga and pilates

Fairbanks

Starting Monday, October 2nd

*Group Centergy - athletic blend of fundamentals from yoga and Pilates

Starting Monday, October 9th

* Group Blast: high energy workout using the step

Starting Saturday, October 14th

*Group Ride – cardio interval workout on the bike

Starting Monday, October 16th

*Group Power - total body strength and movement training workout using a barbell, weight plates body weight and step bench.

Find the Group Fitness Class Schedule at The Alaska Club
Class Schedule: Group Fitness, Pools, and more!

thealaskaclub.com/schedules

NEW STRENGTH CLASS COMING SOON!

Is the weight room one of your happy places?

We have an exciting opportunity for you. We are launching a brand new strength training format. Exercises will be those found in the weight room. No choreography – just pure strength progression. We need instructors to bring this format to life in The Alaska Clubs South, West, East, Eagle River and Wasilla.

Learn more about becoming an instructor of Strength Development.
thealaskaclub.com/instructor-registration





9-11 STEP MILL CHALLENGE



Remembering September 11th

Thank you to everyone who generously donated, supported, and participated in this year's 9-11 Step Mill Challenge on September 11, 2023, at TAC West. Members raised \$400 which went to the Fallen Firefighter Memorial Fund. A special shoutout to TAC personal trainers, Cameron Allen and Hannah Vogt and TAC Marketing Manager, Erin King for stepping up to the challenge. Well done! Check out more pictures and videos from the event at facebook.com/TheAlaskaClub/

TESTIMONIAL

In late 2015, I got a Personal Trainer with the hopes of him helping me stay focused, accountable, and provide me with a plan. What I actually got was so much more. My trainer helped me in so many ways. Yes he helps me be accountable, yes he has a plan for me, and he checks in frequently even when I'm not at the gym to help me stay focused. He and the other Trainers at South have become friends. They are truly interested in helping me be the best me I can be. I am learning that my health is not a quick fix, but a journey. I'm now excited to see just where my journey leads.

Gene Wiseman

FAMILY YOGA / CREATIVE MOVEMENTS

Juneau Valley

Family Yoga is a 45 minute class for parents, children, caregivers, aunts, uncles, cousins, grandparents and friends of all ages. *Free Event bring a friend. Sundays, October 8-November 19 11:30am - 12:30pm

Creative Movement is a 45 minute class designed to expand motor skills, develop coordination and self-expression for ages 2-4 through simple movement, games and songs. *Free Event bring a friend. Tuesdays, October 10-21 10:45-11:45am

Register at any front desk, online, or with the call center at 907-365-7393 or callcenter@thealaskaclub.com



PICKLEBALL

Advanced Pickleball Workshop

Learn how to improve your pickleball game to take you to your next level.

The Alaska Club South

Friday, October 27th

11 am- 12:30pm

Coach Matt

Intro to Pickleball Workshop

Learn how to play pickleball to include the rules, scoring and general strategy.

The Alaska Club East

Saturday, October 21st

11 am- 12:30pm

Coach Morgan

\$10 members/\$25 non-member. Register for pickleball workshops at thealaskaclub.com/pickleball or Call Center at 907 365-7393 or callcenter@thealaskaclub.com or at the front desk.



RECIPE OF THE MONTH

Pumpkin Apple Streusel Muffins

What better way to celebrate fall than with delicious muffins that combine the wonderful texture of apples with the warm taste of pumpkin. A simple streusel topping gives them a little something extra.

Ingredients

- 2 ½ cups all-purpose flour
- 2 cups white sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs, lightly beaten
- 1 cup canned pumpkin puree
- ½ cup vegetable oil
- 2 cups peeled, cored and chopped apple
- 2 tablespoons all-purpose flour
- ¼ cup white sugar
- ½ teaspoon ground cinnamon
- 4 teaspoons butter

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 18 muffin cups or use paper liners.
2. In a large bowl, sift together 2 1/2 cups all-purpose flour, 2 cups sugar, pumpkin pie spice, baking soda and salt. In a separate bowl, mix together eggs, pumpkin and oil. Add pumpkin mixture to flour mixture; stirring just to moisten. Fold in apples. Spoon batter into prepared muffin cups.
3. In a small bowl, mix together 2 tablespoons flour, 1/4 cup sugar and 1/2 teaspoon cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter.
4. Bake in preheated oven for 35 to 40 minutes, or until a toothpick inserted into a muffin comes out clean.



PERKS PROGRAM

Check out Your New Perks Program!

Earn awards as soon as you join.

Continue earning points throughout your fitness journey for coming to the club, referring friends and more!

Hotels + Sweepstakes + Event Tickets + Gym Apparel + More

thealaskaclubperks.com/



WE ARE HIRING!

Apply today at thealaskaclub.applicantpro.com/jobsearch/

