



from The Alaska Club

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PERSONAL TRAINING

Benefit from instruction on proper exercise selection and technique by working with one of our personal trainers who can develop the right program for you. Accomplish your 2023 goals by meeting with a Fitness Consultant today.

thealaskaclub.com/personal-training

WELCOME JANUARY 2023!



Happy New Year!

We're kicking off 2023 with a bit of TLC. Now that the busy holiday season is behind us, start the new year fresh by focusing on your physical and mental well-being. Download The Alaska Club App if you haven't already, to join our '23 Happier Me Fitness Challenge. Whether you're running on a treadmill in the cardio room, lifting weights in the strength area, or powering through a group fitness class, it's better together with the social energy you'll find at the club. Earn 5 loyalty points for joining the challenge and 10 points once you complete it. Points earned can be exchanged for club services including a guest pass, tanning, or membership plus. Click on My Club then Rewards to see the options. You deserve some TLC in 2023 so keep doing what you love to earn some sweet returns on your investment – in yourself. Get started today at thealaskaclub.com.

APP CHALLENGE WINNER SPOTLIGHT

November Fitness Challenge Prize Drawing Winner:

Congratulations to **Seth Anderson** for winning a month of Membership Plus!

JANUARY APP CHALLENGE

January '23 Fitness App Challenge

'23 Happier Me Fitness Challenge. You know that feeling when you've completed your workout - content, happy, phew. You drew in energy from those around and pushed yourself towards new progress.

Let's maximize the "happy" and shoot for 23 or more workouts this month. 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 a one hour recovery Personal training session.



HAPPIER ME
FITNESS CHALLENGE

BULLETPROOF YOUR BACK WORKSHOP

Join Personal Trainer and Strength and Conditioning Coach Ty Tinker as he provides exercises geared toward strengthening the muscles around your spine. Come dressed to move.

Tuesday January 9th
11 am to Noon
South Studio 1
Members: \$10
Non-Members: \$15

Register at the desk, online or with the callcenter@thealaskaclub.com.



FOLLOW US!





YOUTH HANDBALL

The Alaska Club South
Saturdays Noon to 2pm Coach Chris
January 7 – 28
Ages 10 to 16
\$30 members, \$45 non members

The Alaska Club East
Tuesdays Jan 10 – 31
6:30 to 8:30pm Coach Chris
Ages 10 to 16
\$30 members, \$45 non members

Register for youth programs at the desk, online or callcenter@thealaskaclub.com



YOUTH RACQUETBALL

The Alaska Club East
Coach Kelly
Tuesdays 4 to 5pm
January 10 – 31
Ages 10 to 16
\$50 members, \$95 non members

Register for youth programs at the desk, online or callcenter@thealaskaclub.com

FAMILY FUN NIGHT

The Alaska Club East, South, Eagle River, West, Wasilla, Fairbanks & Juneau from 4-7pm

Family Fun Night every 3rd Wednesday of each month. Join us **Wednesday, January 18th** from 4-7pm 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.

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/\$50
[Register Here](#)

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: thealaskaclub.com/starfishacademy, or call (907) 365-7393.



Next Gen Fit: Fitness activities for youth ages 9–13. This is a key time to instill healthy fitness habits and community building. These workouts will keep them moving and motivated!

When: January 9–March 3

Where: Anchorage South • Anchorage West • Eagle River • Wasilla

Next Gen Fitness Formats:

Hip Hop: Learn the moves, repeat the moves and then put them all together. South Club, Studio 2
Wednesdays 5:15–6:15pm. Ages 9–13

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

Next Gen Jr. Jam: Fitness activities and games (held in the gym, Wasilla only this term). Ages 6–12

No registration required. Schedule can be found in the club app, online and on the TV schedules in the clubs.

CHILDCARE & PLAY CENTERS

The Alaska Club South, East, West, Club for Women, Eagle River, Wasilla, Juneau Valley & Fairbanks South
Reservations are encouraged 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.



YOGA NEW YEAR WORKSHOP

Goal Setting 2023

This workshop includes an hour-long grounding yoga practice with the focus on inviting openness to possibilities followed by a strength assessment and finishing with leaning into our strengths to customize our 2023 goals.

Registration includes:

- Link to Clifton Strengths assessment (Top 5) Understanding your strengths unlocks your potential and leads you to greater performance personally and professionally). Learn how to apply your strengths to achieve your goals in 2023! (participants will need to complete the assessment prior to the retreat)
- Goal setting worksheet
- Journal/notebook
- Hot tea break
- access to the Summit club including the lounge and locker rooms (must be 21+)

Sunday Jan 15th 2 to 4:30pm
The Alaska Club South Studio 2

Instructor: Stephanie Monahan

\$49 members, \$99 non – members.

Register at the desk, online or with the callcenter@thealaskaclub.com

ZUMBA INSTRUCTOR TRAINING

South

Is the beat calling your name?

Zumba Basic 1 Instructor Certification

The Alaska Club South

Sunday, January 15th

9am-6pm

Register directly with Zumba at:

zumba.com/en-US/training/register#autorenew

Use the code **michelle70** to get 70% off the cost of the training.

TACONNECT

BY THE ALASKA CLUB

NEW THIS MONTH

TAConnect January

New Year, happier you!

We're here for you – anytime and anywhere. Need a yoga workout at the end of your day? Need to get the heart pumping – jump on HIIT or Athlete 30. Need community? Join us for live streaming Yoga or Group Power.

Our on demand featured videos provide focused workouts specific to popular New Year's goals. Check them out! connect.akclub.com

JANUARY POP-UPS

Anchorage & Eagle River

Group Blast

South Studio 2 Monday, January 2 6:30-7:30pm

This high energy cardio workout uses the step to train fitness, agility, coordination and strength. Instructor: Kathie S.

UJam Fitness

East Tuesdays, January 17 & 24 7-8pm

Lace up your kicks and join us for this addictive dance cardio workout that fuses the hottest world beats with unique choreography that'll make you move, sweat and smile. All fitness and experience levels welcome. Instructor: Misha

Pilates on the Ball

West Tuesdays, January 24 and 31 9:30-10:20am

Pilates incorporating the stability ball for a total body workout that challenges mobility, flexibility, strength and the core.

Instructor: Amber S.

STUDIO HAPPENINGS


Studio Jewel Lake

• Studio Hot Yoga app is now available in the app stores. Use this app to book your classes and stay up to date on all things happening in our hot and happy place.

'23 Yoga Challenge

Join us for 23 or more yoga classes

January 2 – February 28th. All those that complete the challenge will be invited to a VIP yoga class experience in March and entered to win a yoga swag bag.



STUDIO HOT
YOGA
APP NOW
AVAILABLE



'23 YOGA
CHALLENGE
BEGINS JAN 2
ENDS FEB 28

STUDIO



EMPLOYEE SPOTLIGHT

Olivia Ralls

Hi I'm Olivia Ralls. I enjoy working at the Alaska club as a Fitness Team Member. My favorite part about my job is the amazing employees and members I have met while being here. My managers have been supportive and I can appreciate the dedication and team work it takes to make someone feel welcome while getting the job done. I like to cook, play video games, and hike whenever I can. And of course, I enjoy working out at the Alaska club on my free time.



INTRO TO RACQUETBALL WORKSHOP

East

Monday, January 9th • 6:30 -7:30pm
The Alaska Club East – Racquetball Court 4
Coach: Am PRO certified Racquetball Instructor Kelly King
\$10 member/\$25 non-member

Register for racquetball workshops at thealaskaclub.com/racquetball callcenter@thealaskaclub.com or at the front desk.



MASSAGE CHAIRS

Available at East

Feeling your best never looked so good! Our new massage chairs help you relax. By increasing oxygen-rich blood to tired, sore muscles, these chairs help restore your natural well being. FREE to Membership Plus Members, available to all other Guests and Members for purchase (0.50/minute). Schedule a massage with the Front Desk.



JANUARY EVENTS

- 12/31 NEW YEAR'S EVE
- 1/1 NEW YEAR'S DAY
JANUARY APP CHALLENGE BEGINS
- 1/9 NEW WINTER GROUP-FITNESS SCHEDULE STARTS
- 1/18 FAMILY FUN NIGHT

PICKLEBALL WORKSHOPS

East

Intro to Pickleball: Learn the rules, scoring procedure and general strategy to play the game of pickleball. This is an active workshop so come dressed to play. Equipment is provided.

Saturday, January 14th • 11am -12:30pm
Coach: Morgan
\$10 member/\$25 non-member

Register for pickleball workshops at thealaskaclub.com/pickleball callcenter@thealaskaclub.com or at the front desk.



JANUARY GROUP FITNESS

Winter schedule updates are under construction now and will land the week of January 9th. Check out the schedule in the club app and online. Also be sure to have the notifications turned on in the app so you get the latest information about classes.



10 THINGS TO TRY IN 2023

1. Start a fitness routine if you don't currently have one.
2. Try to stand for at least 5 minutes each hour.
3. Warm up with a Hot Yoga class during the winter months.
4. Take a walk around your neighborhood.
5. Work on calling your family members more frequently.
6. Support a local band and go to a live show.
7. Check out a new local restaurant you've never been to.
8. Go swimming in a lake/ocean/pool.
9. Make a favorite dish completely from scratch.
10. Practice self-care, even if it's something small.

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



FAIRBANKS GROUP FITNESS

New Music – New Moves

Saturday Jan 7th: **Group Ride**: a 60 minute cycle cardio workout.

Starting Monday January 9th: **Group Centergy**: Perfect blend of yoga and pilates mat exercises.

Starting Monday January 16th; **Group Blast**: Cardio interval training using the step bench.

Starting Monday January 23rd: **Group Power**: Strength and movement training using the barbell, weights, step and body weight.

Fairbanks Pop Up Classes:

Group Active – your all in one workout: cardio, strength, balance and core. Efficient and fun!

Fridays Jan 6th and 13th 4:15 to 5:15pm

JUNEAU GROUP FITNESS

New Music – New Moves

Group Power – strength and movement training:

Wednesday Jan 11 Valley club 9:15am and Downtown 5:00pm

Group Fight – cardio workout using the hottest MMA moves.

Wednesday Jan 18 Valley club 5:15pm

Group Ride – 60 minute cycle cardio workout:

Thursday Jan 19 Valley club 5:10pm

Group Centergy – perfect blend of yoga and pilates mat exercises.

Thursday Jan 19 Valley club 6:00pm

Group Blast – athletic cardio workout using the step bench.

Tuesday Jan 24 Downtown club 5:00pm

R30 – 30 minute cycle cardio workout.

Monday Jan 30 Valley club 9:15am

Group Core – 30 minute strength class focusing on muscles of the core.

Monday January 30 Valley 9:45am

Group Active – 60 minute class with cardio, strength, balance and core.

Tuesday Jan 31 9:15am Valley

Additional classes this January:

Group Fight – Monday Valley club 6:15pm beginning January 2nd

Zumba – Downtown club Friday nights 5:00pm beginning January 6th

TESTIMONIAL

The facilities are well kept and maintained. The employees are professional. There are places where you can workout alone, or by yourself with headphones on and others around using the equipment doing the same thing. There are also group fitness classes which is where it's at!

They are so much fun! If you actually utilize your membership to the fullest, especially if you have kids with camps, swimming, and the kid zone, it'll be well worth your money. With the multiple locations it just makes it more convenient for you to get your workout on and utilize that membership! I would recommend

The Alaska Club to all my friends and family! Definitely by far the nicest clubs in the state!

- S.K.

RECIPE OF THE MONTH

Healthy Peanut Butter Granola Bars

Ingredients

- 3 cups old-fashioned rolled oats
- 3/4 cup natural peanut butter
- 1/3 cup maple syrup or honey
- 1/2 cup mini chocolate chips
- 2 organic whole eggs

(or use flax egg for vegan-friendly)

Optional add ins: walnuts, pecans, almond, chia seed, sunflower seeds, pumpkin seeds or dried fruit

Instructions

1. Preheat oven to 350 degrees. In a large bowl, combine all ingredients and mix well.
2. Transfer mixture to a greased 9 x 9 inch baking dish, firmly pressing mixture into pan in an even layer. Pro tip: for easy removal, line the pan with parchment. If desired, sprinkle additional chocolate chips over top, pressing them into the mixture.
3. Bake for 14-17 minutes or until center is baked through. Start checking at 12 minutes as all ovens are different.
4. Let cool completely before cut into 16 squares or 12-14 bars.

therealfooddietitians.com/5-ingredient-peanut-butter-granola-bars/



WE ARE STILL LOOKING FOR YOU!

The Alaska Club is **HIRING** a variety of positions at different locations.

APPLY TODAY AT

thealaskaclub.applicantpro.com/jobsearch/