



# THANK YOU MEMBERS FOR



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## OPEN HOUSE & MEMBER APPRECIATION FEBRUARY 10-20

### This month, The Alaska Club turns 37!

To celebrate, we're planning a fantastic week of special events at clubs throughout the network, including an Open House, so bring your friends and family to try the club for free. The week will include:

- Fitness and amenities demos
- Pop-up group fitness classes
- Social events
- Live DJ on designated days
- Chances to win prizes including Personal Training sessions, Massage, Kaladi Coffee, Skinny Raven shoes, Hyperice Recovery accessories and more!



Mark your calendars and check [www.thealaskaclub.com](http://www.thealaskaclub.com) for details as we get closer to February 10th.

## 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

## 37 YEARS

### A Message From Our CEO & President, Robert Brewster

This month, The Alaska Club celebrates 37 years of providing the finest facilities to Alaskans across the state to reach their health and fitness goals, feel better, recreate, and support their active lifestyles. We are humbled by the number of lives we have been able to strengthen, repair and extend, and grateful for your trust in allowing us to be a part of your time. I am particularly proud of our instructors, personal trainers, clean team, and customer service staff, who make the most impact on the quality of your experience.



If the last few years have taught us anything, it is that we must take care of ourselves, both physically and mentally. This is why we have started the year with the theme of "TLC". We encourage you to use all the tools available at the clubs to strengthen your body and relax your mind, so you can achieve your fitness and wellness goals in 2023.

Over the last 35 years my personal commitment to fitness has been tremendously impacted by the many examples of member success I have witnessed at the clubs. I have seen how the club can be conduit to a better life, through increased fitness, improved skill, and the community that is so important to our mental well-being. But most impressive to me has been observing members stop and even reverse the effects of aging (including my father who used the club into his 90's). It is not easy for anyone to stay on task with their fitness program, but I am hopeful that I will continue to follow their example and that you will join me.

Thank you for your continued support of The Alaska Club. We are so grateful to be a part of your fitness journey and look forward to many miles ahead together.





## KIDS CAMP

### Youth Camps

Open to members and nonmembers. At camp we learn, explore, and have fun! The Alaska Club aims to keep our campers safe while having fun! Kids swim every day!

Next camp days: February 20 and March 10  
Spring Break: March 13-17  
Summer Fun Camp: Registration Now Open

Register at:  
[thealaskaclub.com/camps](http://thealaskaclub.com/camps)  
or by calling (907)365-7393 today!

Day care assistance available at East.



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



## 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 is limited to ensure 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).

## FAMILY FUN NIGHT

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

Family Fun Night is Wednesday, February 15th (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.

**FAMILY FUN NIGHT**  
**A FAMILY FRIENDLY EVENT**

## YOUTH WORKOUTS

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

**When:** Now through March 3

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

### Next Gen Fitness Formats:

**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 Kids:** Fitness activities and games for youth (Eagle River only). Ages 5–8

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

No registration or fee is required. Schedule can be found in the club app, [online](#) and on the TV schedules in the clubs.

## 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](#)





## EMPLOYEE SPOTLIGHT

### Kathie Stacy, Manager of Aquatics and Youth Programming

Exercise should be fun! That's the message from The Alaska Club's new Manager of Aquatics and Youth Programming, Kathie Stacy. Kathie has been with The Alaska Club for 13 years. She started in Fairbanks as a fitness instructor, and later became a personal trainer. Kathie's experience goes beyond helping TAC members stay fit. Not only is she a mom of four active kids, but she's also served as a youth coordinator for a church in Fairbanks and has been deeply involved in the soccer community on both local and state levels, given the fact that all four of her children play. Because of her experience as a mom, she wants families to look at exercise as a way to play, bond, and spend time with each other.



"Parents set the tone for their families," Kathie says. "Children will see their families having fun and being active, which sets a foundation of a healthy lifestyle that will hopefully carry with them into adulthood."

She is a huge proponent of group fitness and encourages young athletes to try a NextGen class to learn how great it is to work out together. She also promotes families taking advantage of TAC's in-service, spring break, and summer camps, or attending Family Fun Night together for family time in a healthy setting. When she's not working on youth programming, you can find Kathie teaching group fitness classes including Cycle, Group Active, Group Bosu Group Bootcamp, and her favorite class, Group Blast. She loves the athletic moves, great music, strength, and cardio workout that Blast is, and recommends giving it a try. Kathie says anyone can do it. With her expert guidance, that's a fact!

## TACONNECT BY THE ALASKA CLUB

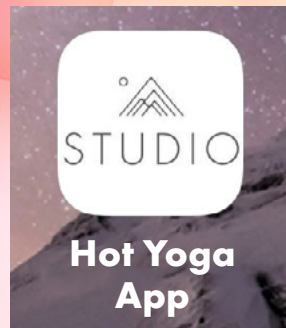
### TACONNECT FEBRUARY

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 focus on cardiovascular workouts (get the heart pumping) and recovery methods (self love). Check them out! [Connect.akclub.com](https://connect.akclub.com)

## 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 at Studio. [www.thealaskaclub.com/events-and-challenges](https://www.thealaskaclub.com/events-and-challenges)



• '23 Yoga Challenge. It's not too late – join in the challenge! Join us for 23 or more yoga classes now through February 28. 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.

## ALASKA SKI FOR WOMEN

### Train at the Club, then get out and ski!

The Alaska Club proudly supports The Alaska Ski for Women, America's largest women-only cross country ski event, February 5, 2023.

Women of all ages are invited to participate, and costumes are encouraged. Men are welcomed to volunteer or cheer on the participants.

The event supports the Nordic Skiing Association of Anchorage and non-profits working to stop domestic violence in Alaska. Register today at [www.anchoragenordicski.com](https://www.anchoragenordicski.com).



### Yoga and Beer

#### Wednesdays in February from 6 -7pm

Bring your yoga mat to Williwaw Social in Anchorage for Yoga + Beer every Wednesday in February. Arrive at 5:30, purchase your pint, socialize, and roll out your mat for sipping, stretching and fun with Andrea! This free class runs from 6-7pm. Must be 21+

## ZUMBA INSTRUCTOR TRAINING

### South

Is the beat calling your name?

#### Zumba Basic 1 Instructor Certification

The Alaska Club South • Sunday, February 19th 9am-6pm • Register directly with Zumba at:

[zumba.com/en-US/training/register#autorenew](https://zumba.com/en-US/training/register#autorenew)

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





## WINNER SPOTLIGHT ♥ APP CHALLENGE

**December Fitness Challenge Prize Drawing Winner:**  
Congratulations! **Paige Hodson** won 2 personal training sessions!

### February '23 Heart Happy Fitness App Challenge

To keep your heart health and happy and your sense of well being at its best – you need to put in the time. Your February Fitness Challenge is to log 16 hours or more of workout activity between February 1st and 28th. 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. Download The Alaska Club app at [thealaskaclub.com/events-and-challenges](http://thealaskaclub.com/events-and-challenges)



## 5 WAYS TO CELEBRATE HEART MONTH

- 1. Exercise.**  
Physical activity lowers your risk for certain heart disease.
- 2. Know Your Risk Factors.**  
Age and gender factor into heart disease risk affects.
- 3. Get a Check Up.** Celebrate American Heart Month by scheduling a checkup with your doctor.
- 4. Eat Healthy.** Simple.
- 5. Reduce Stress.**

## FAIRBANKS GROUP FITNESS

### Pop Up Cardio Kickboxing Class

Fitness workout incorporating conditioning methods and movements from martial arts. Let's put a kick into our fitness and punch our way to some sweaty fun.  
Sunday, February 26th • 1pm



## REFER A FRIEND WORKING OUT IS BETTER WITH A BUDDY

### 5 reasons why

- It's more fun
- It's motivating
- It's easier to try something new
- You hold each other accountable
- You can celebrate together



Share your club with a friend and we'll thank you with a \$50 gift card if they join. [Get My \\$50 Gift Card!](#)

(\$50 gift card for Nike, Amazon, Athleta, Adidas, Target, Best Buy, and many more retailers!)



Send a friend a free pass



# 30% OFF

GREAT SKINCARE NOW ON SALE



Products may vary by location. Membership Plus & Employees receive additional 5-10% OFF.

## ANCHORAGE POP-UP CLASSES

### Pound

South Studio 2 • Thursday, February 9 • 6:30-7:15pm  
Channel your inner rock star in this fusion of music and movement. Inspired by the energizing, sweat-dripping fun of playing the drums, Pound is a total body cardio/strength jam session using lightly weighted sticks (Ripstix). Join us for Pound and rock out your workout! No drumming skills necessary. Instructor: Kim P.

### Pilates

South Studio 1 • Saturday, February 11 and 18 • 10:45-11:45am  
Practice includes mat exercises to strengthen and lengthen muscles with a focus on core conditioning. All levels are welcome. Instructor: Julie K.

### Zumba®

South Studio 1 • Sunday, February 19 • 9-10am  
Join Zumba Education Specialist, Michelle Bautista for this pop-up ZUMBA® class which takes place during the ZUMBA® instructor training. It's a Sunday funday Latin dance party! Instructor: Michelle B.

### Boxing Fitness

Eagle River • Tuesday, February 28 • 7:15-8pm  
Conditioning methods used in martial arts to provide an intense yet super fun workout experience. Instructors: Marzel D. and Kristen S.



## TAPE & ROLL WORKSHOPS

**THURSDAY  
FEBRUARY 16  
6:30 – 8PM**

\$25 MEMBER  
\$50 NON MEMBER

@SOUTH CLUB STUDIO 2

Instructor Alec Kay, physical therapist specializing in sports and active individuals, will provide instruction in kinesiology taping and foam rolling. Both of these techniques will improve your recovery and athletic performance as well as your overall well being. Register at any desk, [online](https://www.thealaskaclub.com) or [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com).

## 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, February 11 • 11 am - 12:30pm  
Coach: Morgan  
\$10 member/\$25 non-member

### South

**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. Two dates from which to choose in February:  
Friday February 10th or Friday February 24th  
11 am - 12:30pm  
Coach Matt  
\$10 members/\$25 non-member

Register for pickleball workshops at [thealaskaclub.com/pickleball](https://www.thealaskaclub.com/pickleball) [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com) or at the front desk.

## BULLETPROOF YOUR SHOULDERS WORKSHOP

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

Tuesday, February 21st 11 am to Noon  
South Studio 1  
Members: \$10  
Non-Members: \$15

Register at the desk, [online](https://www.thealaskaclub.com) or with the [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com).

## YOGA WORKSHOP



### Couples Candlelight Yoga Connection Workshop

Yoga workshop for couples to learn how to enhance their yoga practice and personal connection. Couples will learn

- \*Thai massage techniques
- \*How to assist each other in restorative yoga poses
- \*How to connect with breath

Each couple will receive a yogi gift bag.  
Saturday February 18th • 2-4pm  
South Studio 2

Instructor: Andrea Boyette  
\$49 members, \$99 non – members.

Register at the desk, [online](https://www.thealaskaclub.com) or with the [callcenter@thealaskaclub.com](mailto:callcenter@thealaskaclub.com)



## FEBRUARY EVENTS

NOW	FEBRUARY APP CHALLENGE BEGINS
2/5	ALASKA SKI FOR WOMEN
2/8, 15, 22	YOGA + BEER (Wednesdays In February)
2/10-2/20	OPEN HOUSE/MEMBER APPRECIATION
2/11	TAC ANNIVERSARY
2/14	HAPPY VALENTINE'S DAY
2/15	FAMILY FUN NIGHT

## COMMUNITY EVENTS

### Anchorage Project Access Revolutions Promo

A cycle event to raise money for medical care costs for those without insurance. You can learn more about the event's virtual option and how to get involved at:

[anchorageprojectaccess.org/2023-revolutions-sponsorship-information](https://anchorageprojectaccess.org/2023-revolutions-sponsorship-information)

## MEMBER TESTIMONIALS

"I will always be very thankful for the Alaska Club and how it was instrumental in offering varieties of exercising options to keep me motivated."

Robb Robbert



## FOLLOW US!



# WE ARE HIRING!

APPLY TODAY AT [thealaskaclub.applicantpro.com/jobsearch/](https://www.thealaskaclub.com/applicantpro.com/jobsearch/)

