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WELCOME: HAPPY NEW YEAR

The start of the New Year is a time to reset and focus on new priorities and goals. Your good health is more essential than ever now! Discover what your membership has to offer by attending new group fitness classes, online classes via our virtual platform TACONNECT, or trying out some of our spa amenities! 2022 is the year for YOU so let us help you reach all of your goals.

Get started today at www.thealaskaclub.com.

NEW: MASSAGE CHAIRS

Feeling your best never looked so good!

Our new massage chairs help you prepare for, and recover from, workouts and work days. By increasing oxygen-rich blood to tired, sore muscles, these chairs help restore your natural well being. Once you've rejuvenated both your body and mind, you'll experience a heightened sense of confidence, motivation, and clarity. **FREE to Membership Plus and Good Life Members**, available to all other Guests and Members for purchase (0.50/minute). Schedule a massage with the Front Desk. Now available at East & South locations.



APP FITNESS CHALLENGE

January '22 We Can Do

How do you participate in the challenge:

Step 1: Join the challenge in the app and receive 5 Reward Points

Step 2: Log your workouts within the app or even easier connect your fitness tracker in the app.

Step 3: Get a minimum of 22 workouts in the month (can have up to 2 workouts per day).

All challenge participants that record 22+ workouts in the month will receive 10 Reward Points and be entered to win a \$100 gift card to Alaska Fitness Equipment!

November Fitness challenge winner: Brandy Greener. Brandy won a \$100 gift card to Skinny Raven. Congratulations Brandy. You too can be a winner. Join our monthly fitness challenge in the app!

HIRING

WE ARE CURRENTLY HIRING FOR THE FOLLOWING POSITIONS:

SWIM INSTRUCTORS
LIFEGUARDS
OPERATIONS MANAGER
GENERAL MANAGER
MEMBERSHIP SALES

CLEAN TEAM
MASSAGE THERAPISTS
FITNESS INSTRUCTORS
MEMBER SUPPORT
PLAY CENTER ATTENDANTS

*All positions include comprehensive training. Select positions include a FREE membership for the entire family.

APPLY TODAY AT THEALASKACLUB.APPLICANTPRO.COM

THEALASKACLUB.COM/HOURS

THESE CLUBS HAVE PORTIONS OPEN 24 HOURS:

SOUTH EAST WEST JEWEL LAKE
 EAGLE RIVER WASILLA FBX WEST JUNEAU VALLEY

TACONNECT CHALLENGE

January '22 We Can Do

Participate in 22 or more classes on TACONNECT in the month of January and be entered to win a \$100 gift card to Alaska Fitness Equipment. Yeah, we know that's a lot of classes, but we also know you can do it and we offer a wide variety of workouts to keep your program well balanced. Join the challenge via our club app and manually log your workouts as TACONNECT Virtual Class. connect.akclub.com

DOWNLOAD OUR APPS





NEW CLASSES & PROGRAMS

REGISTER ONLINE AT THEALASKACLUB.COM/SCHEDULES

Boxing 101 @ Eagle River

Learn the techniques of boxing and benefit from the conditioning results they provide in any fitness program. No prior boxing experience is required.
Tuesdays/Saturdays 1:15 to 2:15 pm \$45/ member, \$75 non members
Trainer: Marzel Drisdorn

Tri Sport Swim Training Series @ Eagle River

Mondays/Fridays 1:30 to 2:30 pm \$80 members, \$135 non members
Join Shelene to improve your technique and conditioning for the swim portion of a tri event. Coach: Shelene

Learn How to Play Pickleball Workshop @ Eagle River

Pickleball is the fastest growing sport in the U.S. Why? It's super fun and accessible to a wide variety of fitness and skill levels. Learn the basics so you can jump into a pickleball game with confidence. Coach: Rob Lutz
Friday, January 21st 5:30 to 7 pm \$10 members, \$25 non-members

Aikido @ Downtown

Monday/Wednesday
5:30 to 6:45 pm Ages 18+
\$20 members/\$50 non members

Adult Karate @ East

Monday/Wednesday
6:45 - 7:45 pm
\$35 members/\$75 non members

MOSSA GROUP FITNESS LAUNCHES

New Music *** New Moves
Starting Monday, January 10: Group Active and Group Blast
Starting Monday, January 17 - Group Power and Group Centergy

Mix-It-Up Mondays @ South (Studio 1)

Mondays at 6:30pm
Add some spice to your workouts by joining us on Mondays at 6:30pm when we'll feature a different fitness format each week. This super-fun rotation is sure to keep things interesting.
* Jan 3- Group Blast w/ Dena T.
* Jan 10 - Core De Force w/ Joe Y.
* Jan 17 - BOSU Bootcamp w/ Julie K.
* Jan 24 - Insanity/P90X Mashup w/ Steve & Tammy D.
* Jan 31 - High Fitness w/ Kristi M.

Insanity/P90X Mashup @ South (Studio 2)

Friday, Jan 14 at 5:30am
Join us for a super-fun mix of your two favorite Beach Body formats
Instructor: Joe Y.

Group Blast @ West

Wednesday, Jan 12 at 4:30pm
Blast off your workout in this athletic cardio step class that will improve your fitness, agility, coordination and strength.
Instructor: Dena T.

NEW CLASSES & PROGRAMS

REGISTER ONLINE AT THEALASKACLUB.COM/SCHEDULES

Fairbanks January 2022 New Class Release Launches:

Brand new music and moves coming our way. Whether you're a regular participant or new to the program, it's time to mix it up!
Group Ride: Starting January 8th
Group Blast: Starting January 10th
Group Power: Starting January 17th
Group Centergy: Starting January 24th

Juneau January 2022 New Class Release Launches:

Brand new music and moves coming our way. Whether you're a regular participant or new to the program, it's time to mix it up!
R30 -Jan 5 9:15am VL
Core Jan 7 12:30P VL
Blast Jan 12 9:15 VL
Power 9:00 Jan 15 VL
Fight Jan 19 5:15 VL
Centergy Jan 21 12:05 DT
Group Active Jan 25 9:15am VL

January Clinic #1: "Movement is Medicine" @ Juneau Downtown

January 28th @ 11am. \$15/Member \$30/ Non Members
Mobility Training, Core Stability & 3 Dimensional Movement are essential for health and should be prioritized over cardio & cross training. In this special clinic, coach Ty Tinker (certified strength & conditioning specialist and mobility expert) will teach you some new movements to increase the quality of your life.

Candlelight Yoga @ Juneau Downtown

Mondays, starting January 3rd 6:30pm

YogaCorr @ Juneau Valley

Wednesdays, starting January 5th 6:30pm
A blend of yoga, corrective exercise, mobility and core stability. This class will help you move and feel better by increasing flexibility, improving posture, and decreasing common aches and pains. Movement is medicine!

10 THINGS TO TRY IN 2022

1. Start a fitness routine if you don't currently have one.
2. Try to stand for at least 5 minutes each hour (an AppleWatch can help with this)
3. Warm up with a Hot Yoga class during the winter months.
4. Take a walk around your neighborhood, check out streets you've never been down before.
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.





WHAT'S NEW ON TACONNECT

We have you covered wherever and whenever: TAConnect is the perfect complement to your in-club routine. Need more Zen time? You can hop on a yoga class any time of day. Need training techniques for running or skiing performance? Book sessions on Training Tuesdays or check the on demand Running category. Away on work travel? Book your Group Power class to stay on track with your results.

Training Tuesdays: Check out the Tuesday lineup of workshops and how-tos to keep your running, skiing and fitness skills sharp and ever progressing.

January '22 We Can Do - TAConnect Fitness Challenge

Participate in 22 or more classes on TAConnect in the month of January and be entered to win a \$100 gift card to Alaska Fitness Equipment. Yeah, we know that's a lot of classes, but we also know you can do it and we offer a wide variety of workouts to keep your program well balanced. Join the challenge via our club app and manually log your workouts as TAConnect Virtual Class.

Pilates for Runners [NEW ON DEMAND]

We're offering two 30-minute Pilates workouts specifically designed to enhance core strength and balance for those that run or ski.

Range of Motion Training for Runners or Skiers [NEW ON DEMAND]

Join Alec Kay to learn more about range of motion training to enhance your performance in running and skiing events.

Foam Rolling for Runners or Skiers [NEW ON DEMAND]

Alec Kay offers foam rolling techniques for muscles prone to extra tightness due to running or skiing.

Strength Training for Runners and Skiers [NEW ON DEMAND]

This 25-minute strength workout specifically targets muscles of the hips and core to help keep you strong for your running and skiing workouts.

Gentle Flow Yoga [NEW ON DEMAND]

Show your body some TLC with these two 30-minute gentle yoga flow practices led by Chelsea.

TACONNECT

BY THE ALASKA CLUB

This virtual workout platform is **FREE** to all members of The Alaska Club. It is designed to bring you an enhanced participant experience, TAConnect provides expert instruction and immersive on-demand and live classes whenever and wherever!
connect.akclub.com

HOT YOGA

WARM UP WITH A HOT YOGA CLASS THIS WINTER!

Monday/Wednesday 6 pm Hot Flow * new days
Tues/Thursday 6 pm Hot Yoga – Extended Poses ** new class type
Friday 10 am Hot Flow – new day and time - Chelsea's back!
Saturday 8:30 am Yoga Sculpt Saturday 10 am Hot Flow
Sunday 9 am Hot Flow Sunday 7 pm Recovery Hot Yoga

Reservations are required and can be made via the club app or website 48 hours prior to the class start time.

Pop Up: Hot Yoga Sculpt Flow Fusion
Tuesday, January 11th 10 to 11 am Instructor: Niki
Perfect blend of sculpt and flow to get your muscles toned and flexible.

Location: Studio @ Jewel Lake
thealaskaclub.com/studio-anchorage-gym



YOUTH CAMPS

OPEN TO MEMBERS & NONMEMBERS.

NEXT CAMP DAY: JANUARY 17

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 CALL (907)365-7393 TODAY!

DAY CARE ASSISTANCE AVAILABLE AT EAST.



ADDITIONAL UPCOMING CAMP DAYS: FEB 18 & 21, MAR 4

FAMILY FUN NIGHT 1/19

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. For event hours, visit www.thealaskaclub.com/kids or call (907)365-7393 today. *no pool at Juneau Valley

SWIM LESSONS

East, South, Eagle River, Wasilla & FBX South

Starfish Academy offers lessons for swimmers of every age & level. Members and nonmembers welcome. Group, semi-private, and private lessons are available. Visit our website to see pricing and to register. Registration for February lessons open January 15th. To register, visit TheAlaskaClub.com/StarfishAcademy or call (907) 365-7393.

CHILDCARE & PLAY CENTERS

Our playcenters are open with increased safety protocols. 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.

BIRTHDAY PARTIES

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.



JANUARY YOUTH CLASSES

Youth Karate @ South

Tuesday/Thursday 6-7pm Ages 7+
\$35 members/\$75 non members

Karate Kids @ South

Fridays 6-6:45pm Ages 5-7
\$20 members/\$50 non members

Jazz & Hip Hop @ Juneau DT

Saturdays 1pm Ages 7-12
\$45 members/\$85 non members

Kids & Parent Jazz @ Juneau DT

Saturdays, starting 1/8 2:15pm
Ages 3-6 (with a parent)
\$25 members/\$75 non members





COMMUNITY INVOLVEMENT

Skinny Raven Resolution Challenge

Jan 1-31

The Challenge is back! It's the Raven Resolution Challenge with a goal level for everyone, you can walk, hike, jog, swim, run, bike or ski your way to achieving your goal! Outside, inside, in the dark, or in the daytime. Start the new year with new miles and your best foot forward. skinnyraven.com

Anchorage Wedding Fair

January 16th 2pm-4pm Dena'ina Convention Center

Visit our booth and find out how we can kick-start your fitness program before your big wedding day! anchorageweddingfair.com

Attention Members:

We are transitioning our TV services to DirectTV. There may be temporary interruptions as we convert each television component including all cardio equipment with entertainment consoles. We appreciate your patience during this time.

EMPLOYEE SPOTLIGHT

DENA THOMAS

Dena has been a Group Fitness Instructor with The Alaska Club for 21 years! With a smile as big as her heart, Dena brings fun and motivation to all of her classes. She's multi-talented and teaches several formats: Group Power, Group Blast, R30, Cycle and core. In addition to instructing her own classes, Dena's a super team player always willing to sub for others at various clubs and various times, whether it's evening after work or crazy early at 5:30am. Thank you, Dena!



RECIPE OF THE MONTH

Healthy Peanut Butter Granola Bars

<https://therealfooddietitians.com/5-ingredient-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.

JANUARY EVENTS

- 12/31 NEW YEAR'S EVE
- 1/1 NEW YEAR'S DAY
- JANUARY APP CHALLENGE BEGINS
- SKINNY RAVEN RAVEN RESOLUTION CHALLENGE BEGINS
- 1/16 ANCHORAGE WEDDING FAIR @ DENA'INA CENTER
- 1/19 FAMILY FUN NIGHT

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.

- 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

LOCATIONS

