



Member Newsletter

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NEWS TO USE

FAMILY FUN NIGHT

Wednesday, April 18, 4-7pm.
West, South, East, Eagle River and Wasilla.

GET THE ALASKA CLUB APP & STUDIO TAC APP

Available from the iTunes Store & Google Play Store:

- Rewards Program
- Track Workouts
- Set Goals
- Schedule classes
- Join Challenges
- Real-time Notifications

HAPPY EARTH DAY!

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 hot yoga at Studio, or a new group fitness class or Team Training. Many of you will be preparing for a triathlon, a 5K, 10K or more, so it's a perfect time to talk to a personal trainer about developing a customized program. This spring, kick up your training inside to perform better outside.

SOUTHCENTRAL APRIL 2018

PROUD SPONSORS ||| EVENTS



SKINNY RAVEN

SUPER HERO SHOWDOWN

Chuck Albrecht Fields (Dr. MLK Drive)
Saturday, Apr. 7, 10am (LITTLE HERO 1.3K) ; 10:20am (SUPERHERO 5K)
Suit up in costume and help save the day again. Across the finish line there will be food trucks and a bouncy castle for the kids!
For more information, visit SkinnyRaven.com/Events

GREAT ALASKA SPORTSMAN SHOW

Sullivan & Ben Boeke Arenas
Thursday, Apr. 5, 4pm-9pm | Friday, Apr. 6, 12pm-8pm |
Saturday, Apr. 7, 10am-8pm | Sunday, Apr. 8, 10am-5pm
A great outdoor exhibit with Alaska experts.
For more information, visit GreatAlaskaSportsmanShow.com

ANCHORAGE HOME SHOW

Alaska Airlines Center
Friday, Apr. 13, 12pm | Saturday, Apr. 14, 10am | Sunday, Apr. 15, 10am
Visit with the experts to find out more about the latest trends and innovations, or dig deeper and expand your skills and knowledge at one of the in depth *how-to* seminars.
for more information, visit www.AHBA.net

ANCHORAGE KIDSDAY

Dena'ina Center
Saturday, Apr. 21, 10am-4pm
KidsDay is a day to provide kids of all ages laughter and fun! More than 80 youth-serving exhibitors gather at the Dena'ina Center to provide fun activities for all to enjoy! In addition to the activities at the Dena'ina Center, The Alaska Zoo is offering free admission for everyone 17 and under. The Anchorage Museum and the Alaska Aviation Museum are free for the whole family! People Mover's and EasyPark garages are free all day as well!
For more information, visit <http://bit.ly/2IDkVo0>

BABY & TODDLER EXPO

Egan Civic and Convention Center
Saturday, Apr. 21, 11am-4pm
A free educational and entertaining event geared towards new and expecting parents.
For more information, visit <http://bit.ly/2Gbjajs>

40TH ANNUAL HEART RUN

Egan Civic and Convention Center
Saturday, Apr. 21, 9:30am
Join the American Heart Association/American Stroke Association as we celebrate the 40th Annual Alaska Heart Run. For more information, visit <http://bit.ly/2GNt88V>

SPRING FLING FOR WOMEN

Alaska Airlines Center
Saturday, Apr. 21, 10am-6pm | Sunday, Apr. 22, 10am-5pm
Grab your Mom, Daughter, Sister, or Friend and shop, learn, and laugh at the ultimate day for women. For more information, visit <http://bit.ly/2pouWwA>



SUMMER FUN CAMP

MAY 29

THROUGH AUGUST 17

9AM - 4PM

EAGLE RIVER
WASILLA*
SOUTH
EAST



MEMBERS

\$179 /week

NONMEMBERS

\$199 /week

BEFORE CARE: 7AM-9AM | \$30/WEEK • AFTER CARE: 4PM-6PM | \$30/WEEK

CALL: (907)365-7393 | EMAIL: SummerFunCamp@TheAlaskaClub.com | VISIT: TheAlaskaClub.com/CAMPS

THE ALASKA CLUB IS A LICENSED CHILDCARE FACILITY AND ACCEPTS DAY CARE ASSISTANCE.

*WASILLA DATES VARY | AGES 5-12: MUST HAVE ATTENDED SCHOOL FOR 2017/2018

STARFISH ACADEMY SWIM LESSONS

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

April 2 - April 29 (No classes April 1)

Starfish Academy offers lessons for swimmers of every age and level. New classes start every month. Members and nonmembers welcome. Group, semi-private, and private lessons are available. 8 lesson sessions.

Register at TheAlaskaClub.com/StarfishAcademy

call 365-7393, or stop by any Member Support Desk.



BIRTHDAY PARTIES: TIME FOR FUN!

Whether it's a birthday party or just a fun night out for the kids, The Alaska Club is the perfect place for any celebration. We offer an active and entertaining environment to make the day unforgettable! It's easy, affordable and we do most the work. Our staff will assist you with everything from set up to clean up. Come visit us at any club location, visit TheAlaskaClub.com/parties for more information, or call 365-7393 to book your party today!



PARENTS' NIGHT OFF

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

April 27. 6 - 9pm (must be potty trained to attend).

Drop the children off for snacks, arts, crafts and games! \$25 for the first child, \$20 for each additional sibling - same goes for nonmembers! Rest easy, and have confidence in our certified & CPR trained staff to handle any unwanted surprises. Time off for you, and hours of fun for them. Pre-registration encouraged. Visit TheAlaskaClub.com/ParentsNightOff, or call 365-7393.



YOUTH TAP DANCE

The Alaska Club South

Mondays, 6-6:45pm; Ages 6-13.

\$40 Member/\$60 Nonmember

This tap class is all about fun! We will make different rhythms and music with our feet!

YOUTH JAZZ DANCE

The Alaska Club South

Mondays, 6:45-7:30pm; Ages 6-13.

\$40 Member/\$60 Nonmember

Get your stretching in! We will be creating a Jazz dance with creative movement to popular music. Come enjoy the fun and explore your creative side. Smiles are always welcome!



ACHIEVE MORE

APRIL

APRIL POP-UP CLASSES

FREE for fitness members! No registration required: just pop in!

TheAlaskaClub.com/Pop-Up-Classes for Pop-up dates, times, and locations.

POUND/PIYO GLOW PARTY - E/S

East Main Studio | Fri, Apr. 6, 5:30-6:45pm
South Studio 1 | Wed, Apr. 18, 6:15-7:30pm
Dig out your fav' fluorescent fit wear and join us for a super fun glow in the dark Pound/PIYo Party!
45 minutes of Pound/30 minutes of PiYo.
Instructor Kim.

SUPER SATURDAY INSANITY - EAST

East Gym
Saturday, Apr. 7, 12:30-1:30pm
Instructors Russell, Steve, and Tammy.

YIN YANG YOGA - S/E

South Studio 1 | Wed, Apr. 11, 6:15-7:15pm
East Main Studio | Sun, Apr. 22, 11:30am-12:30pm
We'll start with a heat-building flow and then slow things down.
Instructor Jeannie.

BELLY DANCE - WEST

West Main Studio
Saturday, Apr. 14, 1-2pm
Channel your inner grace and strength as you learn basic belly dance moves.
Instructor Brittney.

BLINDFOLDED YOGA - EAGLE R.

Eagle River Main Studio
Saturday, Apr. 21, 1-2pm
Explore your practice in a whole new way - blindfolded! With blindfolds on, we'll move through basic foundational yoga poses, tapping into our other four senses, without external distractions.
Instructor Devon.

BARRE ABOVE DEMO CLASS - S

South Studio 2
Sunday, Apr. 22, 9-10am
Barre Above®, the most sought after barre program in the US, is coming soon to The Alaska Club! This unique approach to barre workouts fuses the best of Pilates, yoga, strength and ballet.
Master Trainer Cat DeHaven.

NEW MUSIC! NEW MOVES!

NEW WORKOUTS LAUNCH APR. 16

Launching new workouts in all of the Mossa Group Fitness formats!



STUDIO MONTHLY PROMOTIONS

FUN FRIDAYS AT STUDIO @ 6PM

Studio
Apr. 6: Deep Release with Chelsea
Apr. 13: Engage and Align with Lidija
Apr. 20: Intro to Ashtanga with Cassey

8 LIMBS YOGA WORKSHOP

Studio
Saturday, Apr. 14, 2-4pm
\$20 fee
Come learn about the 8 steps of yogi self-reflection as laid out in the Yoga Sutras to connect into something deeper each time you come to your mat.

YOGA & BEER @ WILLIWAU

Williwaw Social
NOW THROUGH JUN. 9
Meet us at Williwaw (6th & F Street), for a truly unique and fun yoga experience.
Saturdays, 2 - 4pm, (class time is 3 - 4pm).
Yoga is free; bring a mat and a friend!

YOGA SCULPT:

TEACHER TRAINING

Studio
Sundays, Apr. 8, 15, & 22; 2-7pm
\$250 fee
Learn how to instruct the yoga sculpt format. Recommended to be 200 hour RYT or a Certified Fitness Professional.
Instructors Chelsea, and Janet.

PRIVATE YOGA LESSONS

We have individual sessions available so you can work on your personal alignment and receive the adjustments you need to fine tune your yoga practice. Visit the website or call (907)245-2223.

DROP-INS \$18

FIRST CLASS FREE

Make sure your spot in class is reserved. Book Classes at **StudioAtTheAlaskaClub.com** or the StudioTAC APP.

FEATURED PROGRAMMING

TRI-SPORT TRAINING - WEST

The Alaska Club West
Saturdays, 8:00-9:30am
Cycle/Run/Core
\$65/mo. members | \$130/mo. nonmembers
Includes Swim Clinic @ East
Coach: Heidi Beer

TRI-SPORT SWIM CLINIC - EAST

The Alaska Club East
Sunday, Apr. 15, 8:00-9:30am
\$10/members | \$15/nonmembers
Included with the West Tri-Sport Training series
Coach Lisa Wilson.

TRI-SPORT SWIM CLINIC - EAGLE R.

The Alaska Club Eagle River
Tuesdays/Thursdays, Apr. 17-May. 10
11:45am-12:45pm
\$40/mo. members | \$125/mo. nonmembers
Coach Shelene Sainsbury.

FLOATING FITNESS - EAGLE R.

The Alaska Club Eagle River
Tuesdays, 7-8pm
\$20/mo. members | \$125/mo. nonmembers
Space is limited.
Instructor Travis.

FLOATING YOGA - EAGLE R.

The Alaska Club Eagle River
Thursdays, Apr. 5, 19, 26, 8-9pm
\$5/class members | \$15/class nonmembers
Space is limited.
Instructor Sarah.

YOUTH PROGRAMMING

YOUTH BASKETBALL CLINIC - SOUTH

The Alaska Club South
Saturday, Apr. 24, 10-11am
\$10/members
\$15/nonmembers

KARATE - SOUTH

The Alaska Club South
Monday/Wednesday, 5-5:50pm | Ages 8+
Fridays 5:10-6:10pm
\$20/mo. members | \$50/mo. nonmembers
Ask about Karate Kids | Ages 5-7

MARTIAL ARTS TRAINING - EAGLE R.

The Alaska Club Eagle River
Monday/Wednesday, 6-6:55pm | Ages 6-12
\$35/mo. members | \$65/mo. nonmembers
Ask about Eagle River's other Martial Arts Classes.
Wee Warriors, 3-5 | Striking arts, 16+ | Wrestling, 16+ | Muay Tai, 16+ | Brazilian Jiu Jitsu, 18+

KARATE - WASILLA

The Alaska Club Wasilla
Tuesday/Thursday, 6:30-7:30pm | Ages 7+
\$35/mo. members | \$65/mo. nonmembers
Ask about Tiny Tigers | Ages 4-6



APP CHALLENGE



SPRING FORWARD FITNESS

APRIL: SPRING FORWARD FITNESS

As the snow melts, April is the best time to stay dry with indoor Interval workouts.

Prepare for outdoor fun by logging 4 workouts per week. Choose your favorite workout or add a combination of formats, and incorporate intervals. Run at varying speeds and intensity throughout your cardio workout, or add jumping jacks to your strength training. Interval training is excellent for weight loss, gaining stability and balance, keeping muscles active through different movements. Team Training, Insanity, P90-X and some other group class formats utilize High Intensity Intervals.

If you achieve this goal, you will be entered to win a \$100 Gift Card to LuLuLemon!

THE WAY *fitness* SHOULD BE

SPRING FACIAL SPECIAL

Book your facial by April 30, and receive \$10 off our next service or product purchase.



AUGIE'S QUEST

The Alaska Club made a commitment to raise \$20,000 for ALS again this year, through our partnership with Augie's Quest for continued research to find a cure! Over the next few months, you will learn more about how you can help.



ALS, also known as Lou Gehrig's disease, attacks certain cells in the brain and spinal cord needed to keep our muscles moving. Most people with ALS live 2-5 years after the first signs of disease. About 10% of people with ALS survive at least 10 years. This variable rate of disease progression makes prognosis difficult to predict and therapies challenging to develop. The Alaska Club, along with Augie's Quest, is committed to raising funds to find a cure and we encourage you to be a part of this important cause!

To learn more, visit TheAlaskaClub.com/ALS and consider making a donation.

FAMILY FUN NIGHT

South, East, West, Eagle River, Wasilla

Every Third Wednesday

April 18 | 4-7pm

Games, Workouts, Crafts and more! Bring a friend: FREE for members and guests!

S M T W T F S

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 1 2 3 4 5

APP. CHALLENGE | STARTS APRIL 1 | ENDS APRIL 30

- SATURDAY 7 YOGA & BEER / ZUMBA & MARGARITAS @ WILLIWAU EVERY SATURDAY
- SATURDAY 14 8 LIMBS YOGA WORKSHOP
- SUNDAY 15 TRI-SPORT SWIM CLINIC @ EAST
- TUESDAY 17 TRI-SPORT SWIM CLINIC @ EAGLE RIVER
- WEDNESDAY 18 FAMILY FUN NIGHT
- SUNDAY 22 BARRE AND ABOVE DEMO CLASS | HAPPY EARTH DAY
- FRIDAY 27 PARENTS' NIGHT OFF

LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE DRIVE, SUITE 103 · 365-7300 / EAST · 5201 EASTTUDOR ROAD · 337-9550 / WEST · 1400 WEST NORTHERN LIGHTS BOULEVARD · 264-2720 / FOR WOMEN · 1450 WEST NORTHERN LIGHTS BOULEVARD · 264-2700 / DOWNTOWN · 701 W. 8TH AVENUE, STE 100 · 274-4232 / STUDIO · 3841 W. DIMOND BOULEVARD · 245-2223 / EAGLE RIVER · 12001 BUSINESS BOULEVARD · 694-6677 / WASILLA VALLEY · 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

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