



Member Newsletter

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NEWS TO USE

FAMILY FUN NIGHT

Wednesday, April 18, 5-8pm.
Fairbanks South

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!

FAIRBANKS APRIL 2018

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. Many of you will be preparing for a triathlon, a 5K, 10K or more. This spring, kick up your training inside to perform better outside.

PROGRAMMING ||| EVENTS

MIND BODY WEEK

The Alaska Club Fairbanks
The second week in April will be Mind-Body Week at The Alaska Club in Fairbanks. Featuring intro to yoga, pop-up classes with great instructors, a yoga/massage demo and more, Mind-Body week is the perfect opportunity to try new things and to give a little care to the body that's taking care of you every day! Check out the class schedule on the app, the flyers at the Member Support Desk and check in with our instructors and massage therapists to learn more about what you can do for you!



SUMMER FUN CAMP



10 WEEKS OF FUN MAY 21 - AUG 10

AGES 5*-12

*Child must have attended school in 2017-2018 or have received equivalent homeschooling.

HOURS

Monday-Friday, 7:30am-5:30pm

PRICES FOR CAMPS

\$179 member*/week

*Child must be a member

\$219 nonmember/week

For more information, contact a Reservation Specialist at 365-7393.

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!



FAMILY FUN NIGHT
Fairbanks South

Every Third Wednesday

April 18 | 5-8pm

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



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.

NEWS FROM THE POOL DECK

WE would like to take a moment to thank everyone for the kind welcomes and words of encouragement as Conni took over as the new Aquatics Director! She looks forward for the chance of getting to know everyone on a personal level!

In the last month, we have had five new WSI’s (**Water Safety Instructors**) complete their certifications from The Red Cross. They are: **Natalie, Blake, Charlie, Jeff, and Ryan**. Our new WSI’s join our current WSI’s who are: **Conni, Denisha, Patty, Jennifer, and Lauren**. They are eager to start teaching lessons and share their love of swimming with your kiddos in group lessons on Saturday mornings. Each of them have also taken on a few private lessons, and are ready to take on more!

With new instructors, we will be able to offer more classes and service more children and adults. We will be offering new adult group lessons along with more choices for children classes. Contact us to see what classes will be offered when for our next session, **starting March 19th through April 28th**. Sign up by calling (907)458-1745, or emailing Cbeach@TheAlaskaClub.com.

APP CHALLENGE | STARTS APRIL 1 | ENDS APRIL 30

SU-SAT	8-14	MIND BODY WEEK @ FAIRBANKS
WEDNESDAY	18	FAMILY FUN NIGHT
SUNDAY	22	HAPPY EARTH DAY

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