

# **Member** Newsletter

#### IN THIS ISSUE

**April Events** Augie's Quest ALS Fundraising Group Fitness Mossa Launch April Fitness Challenge Family Fun Night

## **NEWS TO USE**

## **FAMILY FUN NIGHT**

**Wednesday, April 18, 4-7pm**. Juneau Valley

### GET THE ALASKA CLUB APP & studio tac app

### HAPPY EARTH DAY!

#### **JUNEAU APRIL 2018**

pring 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 a new workout routine, or a new group fitness class or Team Training. 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**

ONE-ON-ONE BOXING

WITH USA BOXING COACH DANIEL DARBORNNE

Juneau Valley

Tuesday's by appointment, 6-7pm

#### STREET SELF-DEFENCE

WITH MASTER MICHAEL SCHROEDER: 6TH DAN BLACK BELT & 42 YEARS M.A EXPERIENCE

Juneau Downtown

Wednesday's, April 4 - May 30 (9 Sessions) 6:30-7:30pm

\$20 Members

\$40 Nonmembers

Students will be exposed to self-defense techniques against pushes, punches, various grabs, bear hugging, choking, ground fighting, knife, club, and gun assaults.

#### TOP NOTCH BOXING

WITH USA BOXING COACH RANDY WILLARD

#### Juneau Downtown

Monday's, April 23 - May 14, 7:30-8:30pm

\$50 for ages 13+

Get ready for a summer class! Circuit training boxing drills; strength & conditioning with explosive team training style workouts.

### **GROUP FITNESS** MOSSA SUPER LAUNCH WEEKEND

FRIDAY (4/13) SATURDAY (4/14) **SUNDAY (4/15)** 9:00AM POWER 8:30AM (DT) 9:00AM **ACTIVE** BLAST POWER 9:00AM 12:00PM **fight** 10:10AM 🔀 R30 CENTERGY RIDE 12:30PM



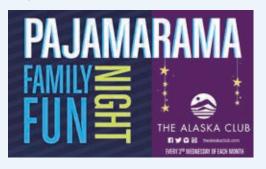


#### APRIL: SPRING FORWARD FITNESS

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 I 4-7pm

Games, Workouts, Crafts and more! Bring a friend:

FREE for members and guests!

S	M	T	W	T	F	S
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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.

## **GROUP ACTIVE** VALLEY: FRIDAYS @ 9AM DOWNTOWN: TUESDAYS @ 10AM





## CARDIO, STRENGTH, BALANCE, FELXIBILITY STRONGER, FITTER, AND HEALTHIER

APP CHALLENGE | STARTS APRIL 1 | ENDS APRIL 30

WEDNESDAY STREET SELF-DEFENCE: EVERY WEDNESDAY UNTIL MAY 30

**FRIDAY** 13-15 SUPER MOSSA LAUNCH WEEKEND

**SUNDAY** 22 HAPPY EARTH DAY

**MONDAY** 23 TOP NOTCH BOXING: EVERY MONDAY UNTIL MAY 14



#### LOCATIONS

ANCHORAGE SOUTH · 10931 O'MALLEY CENTRE DRIVE · 344-6567 / THE SUMMIT · 11001 O'MALLEY CENTRE LIGHTS BOULEVARD  $\cdot$  264-2720 / FOR WOMEN  $\cdot$  1450 WEST NORTHERN LIGHTS BOULEVARD  $\cdot$  264-2700 DOWNTOWN  $\cdot$  701 W. 8TH AVENUE, STE 100  $\cdot$  274-4232 / STUDIO  $\cdot$  3841 W. DIMOND BOULEVARD  $\cdot$  245-2223 · 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





