



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

Available from the iTunes Store & Google Play Store:

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

HAPPY EARTH DAY!

JUNEAU 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. 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 ACTIVE	POWER 8:30AM (DT)	9:00AM BLAST
	POWER 9:00AM	
12:00PM R30	FIGHT 10:10AM	
	CENTERGY 11:15AM	
	RIDE 12:30PM	

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 | 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



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, FLEXIBILITY

STRONGER, FITTER, AND HEALTHIER

APP CHALLENGE | STARTS APRIL 1 | ENDS APRIL 30

- WEDNESDAY 4 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 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