



Member Newsletter

IN THIS ISSUE

- June Events
- Yoga In The Park
- NEW Summer Group Fitness Schedules
- NEW Pool Schedules
- NEW Summer Hours
- Kids Summer Fun Camp
- June Fitness Challenge

NEWS TO USE

FAMILY FUN NIGHT

Wednesday, June 20, 4-7pm.
CELEBRATE SUMMER SOLSTICE:
 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
- Join Challenges
- Schedule classes
- Club Check-in
- Real-time Notifications

YOGA IN THE PARK: JUNE 6 - AUGUST 1

Get ready for The Alaska Club's annual event, Yoga in The Park! This year marks our 6th anniversary! Come and "om" with us!

- Downtown Anchorage, Delaney Park Strip
- Every Wednesday June 6 - August 1
- FREE and open to the public!

HAPPY FATHER'S DAY!

SOUTHCENTRAL JUNE 2018

THE weather is warming up and the days are getting longer, so it's time to lace up our running shoes, break out our bikes and get ready for summer! Whether you're playing on a softball team or training for an upcoming race, you're undoubtedly spending more time outdoors. Remember to maintain your strength and cardio routines inside to help improve your performance outside. See what our NEW SUMMER GROUP FITNESS class schedules have to offer you and your family. Yoga is a great activity to keep your mind and body balanced and strong. Join us for Yoga in the Park from 6-7pm every Wednesday starting June 6 in Anchorage on the Delaney Park Strip. Brought to you by Studio, Anchorage's best Hot Yoga experience. Visit Studio at StudioAkHotYoga.com.

PROUD SPONSORS ■■■ EVENTS



TWILIGHT (12K) & SKINNY MINI (6K)

(Skinny Raven) 800 H St.
 Friday, June 1, 7pm (6k) ; 7:05pm (12k)
 Celebrate The Twilight 12k's 12th anniversary! We'll be blowing up the music scene on course to help you have the best time possible!

For more information, visit SkinnyRaven.com/event/twilight-12k

YOGA IN THE PARK

Delaney Park Strip
 Wednesday's, June 6 - August 1, 6-7pm
 Come Om with us all summer long! Free and open to the public.
 For more information, visit TheAlaskaClub.com/Yoga-in-the-Park

Colony Days

Palmer
 Friday, June 8, 11am-6pm | Saturday, June 10am-6pm | Sunday, June 10, 11am-4pm
 Join Happy Bison for Colony Days, an awesome 3-day festival in downtown Palmer.
 For more information, visit www.PalmerChamber.org/Colony-Days

ALASKA RUN FOR WOMEN

Anchorage Sullivan Arena
 Saturday, June 9, starts @ 6:45am
 Join us to raise money and awareness of breast cancer! Celebrate women's health and the talents of Alaska's female athletes! For more information, visit www.akrfw.org

NXNW ALASKA RELAY

Chugjak Mirror Lake
 Friday June 15, 8am | Saturday, June 16, 12am
 This relay race starts at Mirror Lake in Chugjak and ends in Seward!
 For more information, visit TheAlaskaRelay.com

PRIDEFEST

Delaney Park Strip
 Saturday, June 16, 11am-12pm
 Anchorage PrideFest is a week-long celebration of the state's LGBT community.
 For more information, visit AlaskaPride.org

ALASKA LIFESTYLE EXPO (MAYOR'S MARATHON)

Alaska Airlines Center
 Thursday, June 21 | Friday, June 22
 Health, fitness, recreation, and adventure. Free to the public!
 For more information, contact Travis Parrish at (907)-786-7807 or tparrish@Learfield.com

ALASKA SCOTTISH HIGHLAND GAMES

Alaska State Fairgrounds
 Monday, June 30, 8am
 To promote Scottish culture, heritage and teachings to the people of Alaska.
 For more information, www.AlaskaScottish.org/Highland-Games

ALASKA BASEBALL LEAGUE

The American past time event, in Alaska!
 For more information, visit <https://bit.ly/2IUesc9>



SUMMER FUN CAMP

THE ALASKA CLUB MEMBERS & NONMEMBERS WELCOME • REGISTER TODAY! TheAlaskaClub.com/camps • (907)365-7393

**12 WEEKS OF FUN
MAY 29 - AUGUST 17**

*Wasilla: May 21-August 10

Mon-Fri 9am-4pm

Before Care: 7am-9am

After Care: 4pm-6pm

Members \$179/week

Nonmembers \$199/week

Before/After Care: \$30/week

AGES 5-12*

Kids divided into age appropriate groups

*Children must have attended school during the 2017/18 school year.

LOCATIONS

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

THEMES

All About Sports & Fitness
Colossal Superheroes
Outdoor Adventures
Water-Mania



STARFISH ACADEMY SWIM LESSONS

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

June 4 - July 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 weekday & 8 weekend 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 of the work. Our staff will assist you with everything from set up to clean up.

Visit TheAlaskaClub.com/parties for more information, or call 365-7393 to book your party today!



PARENTS' NIGHT OFF: FUN IN THE SUN

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

June 29 - 6-9pm | AGES 3+ (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 the 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 at TheAlaskaClub.com/ParentsNightOff or call 365-7393





JUGGLE YOUR ROUTINE

JUNE

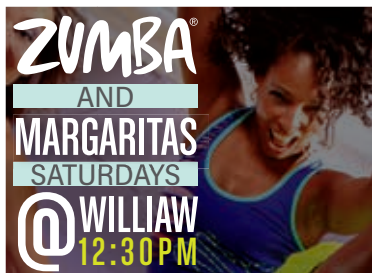
JUNE POP-UP CLASSES

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

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

ZUMBA & MARGARITAS

Williwaw Social
Saturdays, 12:30-1pm through June 9
Spice up the afternoon with a wild Zumba breakdown, and margaritas!



NEW TO SUMMER GROUP FITNESS

YIN YANG YOGA - EAST

East Main Studio
Sundays, 11:30am
First, we'll practice our heat-building Yang flow, following with some long held Yin postures.
Instructor Jeannie

OUTDOOR BOOTCAMP

Eagle River | Meets in the lobby
Wednesdays, 11am
Bootcamp style class for a total body workout.

ZUMBA VARIETY

Wasilla Main Studio
Saturdays, 11:45am-12:45pm
Add some serious spice to your life and join us every week for a different style of ZUMBA.

- June 2 - ZUMBA Rhythms - Basic Steps with Bronwen
- June 9 - ZUMBA Rhythms - AfroBeats with Bronwen
- June 16 - ZUMBA Rhythms - Reggaeton with Nikki
- June 23 - Strong by ZUMBA with Bronwen
- June 30 - ZUMBA Toning with Nikki

STUDIO

STUDIO MONTHLY PROMOTIONS

SOLSTICE SALUTATIONS

Studio
Thursday, June 21, 6:30pm-8:30pm
FREE

Salute with us on Summer Solstice to welcome the new season with the meditative practice of performing 108 sun salutations.
Beginner friendly!

DEEPEN YOUR PRACTICE

Studio
Tuesday, 11am-1pm Deepen Your Practice
\$20/class | Discount available for series purchase
A series to take you beyond the poses of yoga.
Find deeper meaning to your practice.

MUST PRE-REGISTER FOR CLASS

YOGA & BEER @ WILLIAW

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!

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.

TOTAL TIPS FROM STUDIO:

D.I.Y MAT CLEANER

1 small spray bottle. 3/4 bottle filled with distilled water, 2-4 drops tea tree essential oil, 1-2 drops lavender, 1/4 bottle witch hazel.
Spray on mat after each use and hang to dry!

DROP-INS \$18

FIRST CLASS FREE

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

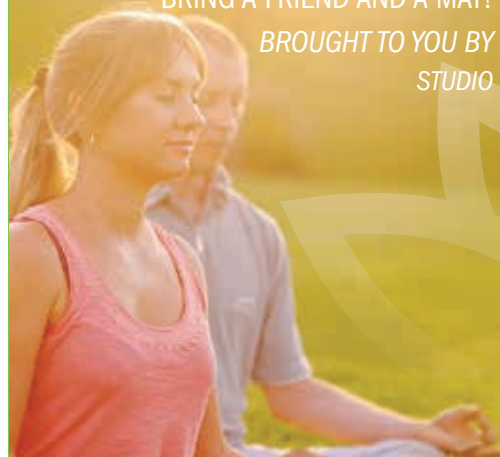
YOGA IN THE PARK

**DELANEY PARK STRIP
9TH AND I STREET
WEDNESDAYS**

**JUNE 6 - AUGUST 1
6-7PM**

FREE FOR EVERYONE!

BRING A FRIEND AND A MAT!
BROUGHT TO YOU BY
STUDIO



TAC SUMMER POOL HOURS

EAGLE R:

MON-FRI, 5AM-8:45PM | SAT-SUN, 7AM-7:45PM

EAST:

MON-THURS, 5AM-9:45 PM | FRI, 5AM-8:45PM | SAT-SUN, 7AM-7:45PM

SOUTH:

MON-FRI, 5AM-9:45PM | SAT-SUN, 7AM-7:45PM

WASILLA:

MON-FRI, 5AM-8:45 PM | SAT, 8AM-8:45PM | SUN, 8AM-6:45PM

FAIRBANKS:

MON-FRI, 5AM-9PM | SAT, 8AM-8:30PM | SUN, 10AM-5:45PM

APP CHALLENGE



JUMPING JUNE

JUNE: JUMPING JUNE!

Log three workouts per week in June with at least one per week including some form of plyometrics (jumping).

The following are examples of classes or offerings that feature jumping: Team Training, Insanity, P90-X, BOSU, Group Active, Aqua classes and Group Blast. You could also grab a plyo box or jump rope and **JUST JUMP!**

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

THE WAY **fitness** SHOULD BE

JUNE SPA SPECIAL

Book a HydraFacial appointment before June 15th and get it for only \$45 (\$150 value). Mention Promo Code: SummerTime. Available only for Good Life Members. Offer expires June 15th.



S	M	T	W	T	F	S
27	28	29	30	31	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



THE ALASKA CLUB IS A PROUD SPONSOR OF THE ALASKA BASEBALL LEAGUE

THE GAMES

- Mat-Su Miners: Friday, June 29
- Chugiak Chinooks: Sunday, July 8
- The Anchorage Bucs: Friday, July 13
- Anchorage Glacier Pilots: Saturday, July 14

Take the family out to the game on us! Games are FREE to all The Alaska Club members **all season long**. Show your key-fob at the gate!



FAMILY FUN NIGHT

South, East, Eagle River, Wasilla

Every Third Wednesday, June 20 | 4-7pm

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

NEW SUMMER HOURS START MAY 29

PLEASE CHECK OUR WEBSITE FOR UPDATES @ THEALASKACLUB.COM

APP CHALLENGE | STARTS JUNE 1 | ENDS JUNE 30

FRIDAY	1	SKINNY RAVEN: TWILIGHT (12K) & SKINNY MINI (6K)
SATURDAY	2	YOGA & BEER / ZUMBA & MARGARITAS @ WILLIWAW THROUGH JUNE 9
WEDNESDAY	6	YOGA IN THE PARK EVERY WEDNESDAY: JUNE 6 - AUGUST 1
SATURDAY	9	ALASKA RUN FOR WOMEN
WEDNESDAY	20	FAMILY FUN NIGHT
FRIDAY	29	PARENT'S NIGHT OFF
SATURDAY	30	SCOTTISH HIGHLAND GAMES

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