



Member Newsletter

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NEWS TO USE

FAMILY FUN NIGHT

Wednesday, June 20, 5-8pm.
CELEBRATE SUMMER SOLSTICE:
Fairbanks South

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

HAPPY FATHER’S DAY!

FAIRBANKS JUNE 2018

THE 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 Tuesday starting June 5 at Griffin Park.

PROUD SPONSORS ■■■ EVENTS

MIDNIGHT SUN FESTIVAL

Downtown Fairbanks
Sunday, June 24

The annual event had been held on the Sunday closest to the summer solstice for the past several years and sees more than 30,000 people pack downtown for twelve hours of fun under the midnight sun!
For more information, visit DowntownFairbanks.com



YOGA IN THE PARK

Griffin Park

Tuesdays

JUNE 5 - JULY 31

6-7PM

FREE FOR EVERYONE!

BRING A FRIEND AND A MAT!

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, 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

CELEBRATE THE SOLSTICE

FAMILY FUN NIGHT

FAMILY FUN NIGHT
FAIRBANKS SOUTH
Every Third Wednesday, June 20 | 5-8pm
Games, Workouts, Crafts and More!
Bring a friend: FREE for members and guests!

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

SUMMER FUN CAMP



11 WEEKS OF FUN
MAY 21 - AUGUST 10

MON-FRI 8AM-4PM
BEFORE CARE: 7:30AM-8AM
AFTER CARE: 4PM-5:30PM

AGES 5-12*

Kids divided into age appropriate groups

*Children must be at least 5 years of age and have attended the previous Kindergarten school year or equivalent homeschooling.

CAMP ACTIVITIES

Daily Swimming
Arts & Crafts
Outdoor Play
Surprise Special Guests & More!



WEEKLY CAMP THEMES

- SKILL-BASED SPORTS
- ZUMBA, KICKBOXING, OR CHEER
- FITNESS CHALLENGES
- OBSTACLE COURSES
- TABLE GAMES

SPACE IS LIMITED: REGISTER TODAY!

Go to thealaskaclub.com/camps for online registration and details or call (907)365-7393.

NEW SUMMER HOURS START MAY 29

PLEASE CHECK OUR WEBSITE FOR UPDATES @ THEALASKACLUB.COM

APP CHALLENGE | STARTS JUNE 1 | ENDS JUNE 30

TUESDAY	5	YOGA IN THE PARK EVERY TUESDAY: JUNE 5 - JULY 31
SUNDAY	17	HAPPY FATHER'S DAY!
WEDNESDAY	20	FAMILY FUN NIGHT

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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