



## Member Newsletter

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- June Events
- Yoga In The Park
- NEW Summer Group Fitness Schedules
- NEW Pool Schedules
- June Fitness Challenge

### NEWS TO USE

#### FAMILY FUN NIGHT

Wednesday, June 20, 4-7pm.  
**CELEBRATE SUMMER SOLSTICE:**  
 Juneau Valley

#### 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!

JUNEAU JUNE 2018

**T**HE 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 5:30-6:30pm every Wednesday through June 27 at Rotary Park.

### PROUD SPONSORS ||| EVENTS

**YOGA IN THE PARK**  
**ROTARY PARK**  
**Wednesdays**  
**MAY 16 - JUNE 27**  
**5:30-6:30PM**  
**FREE FOR EVERYONE!**  
**BRING A FRIEND AND A MAT!**

### NEW ||| GROUP FITNESS



#### R30

Juneau Valley Cycle Studio  
 Mondays & Wednesdays, 8:15-8:45am  
 Get fit in only 30 minutes with R30. It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness. Ride with surges, shot intervals, power, and end with a rush. Accompanied with inspiring music and motivating coaches who ensure that everyone finishes first!

# 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



# CELEBRATE THE SOLSTICE

# FAMILY FUN NIGHT

## FAMILY FUN NIGHT

Juneau Valley

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](http://THEALASKACLUB.COM)

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

### APP CHALLENGE | STARTS JUNE 1 | ENDS JUNE 30

- WEDNESDAY 6 YOGA IN THE PARK EVERY WEDNESDAY: MAY 16 - JUNE 27
- 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