



Member Newsletter

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JUNEAU AUGUST 2018

As Alaskans continue to enjoy long summer days in the fun outdoors, it's time to start thinking about going back-to-school and other familiar routines, and it may be a good time to start a new one. Join a Group Fitness class, like Group Power! New fall class schedules start on September 4th, along with our new club and Play Center hours, so check your location for changes. Join us for Family Fun night every 3rd Wednesday of the month and bring a friend or two, as guests are free! For information on what's happening at The Alaska Club, go to TheAlaskaClub.com.

THE ALASKA CLUB

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

PROGRAMING EVENTS

FAMILY FUN NIGHT

Juneau Valley
Every third Wednesday, July 18 | 4-7pm
Games, Workouts, Crafts, and more!
Bring a friend: Guests are FREE!



POP-UP CLASSES

JUST DANCE

Juneau Downtown
Friday, August 17, 12:50pm
Dance like no one is watching, because really, who cares!? Dancing can provide your body with loads of benefits, such as boosting brainpower and morale, to protecting your most important organs. Join us!

HEALTHY EATING | ZUCCHINI NOODLES W/ AVOCADO, PESTO & SHRIMP

DIRECTIONS

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

INGREDIENTS

- 5-6 medium zucchini (2¼-2½ pounds total), trimmed
- ¾ Teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ Cup unsalted shelled pistachios
- ¼ Teaspoon ground pepper
- ¼ Cup extra-virgin olive oil plus 2 tablespoons, divided
- 2 tablespoons lemon juice
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning





AUGUST: GET YOUR GROUP GOING

Log 16 workouts with at least one per week consisting of a group activity.

Great group activity workouts include Group Fitness class, Team Training and Group Personal Training session. Group exercising can be extra motivating and fun!

A qualified participant will win a Private Group Fitness Party, valued at \$250. See the app for details.



S	M	T	W	T	F	S
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	31	1



THE ALASKA CLUB • BLOG SPOT

Finding Balance During the Busy Summer Months

Sweet summertime is here, a glorious window where Alaskans attempt to pack in every activity we can. During this time we're so busy trying to get everything checked off our bucket list before a long winter begins, we sometimes lose our routines and begin to feel a little off balance.

Here are a few tips to add balance back into your life, while still enjoying the summer.

Be An Early Bird

Adding some structure to your summer can help you feel like you're in greater control of your routine. Hitting the gym 3-4 times a week in the morning can be a great summer goal. That way you get your workout out of the way early and still have enough energy for chasing that midnight sun later on.

Take A Rest Between The Rush

Rushing to get fishing, camping or hiking? There is a lot going on during the summer and sometimes it can be a bit draining. Set a day aside to rest and catch up on other activities like sorting through the mail, paying bills and making calls. It can be very rewarding having a day off from running around, and it can make those other busy days more enjoyable. Take at least half a day every week to focus on you, and you'll see a big difference.

Let Them Play

While the kids are out of school, they can start to grow restless from lack of structure and your days can start to feel overwhelming. The Alaska Club's Kids Zone and child care offer great ways to give your kids the entertainment and balance they need, while allowing yourself a little time for you, whether it's taking a break, hitting up the gym, or relaxing in the whirlpool or sauna.

Don't let summer get the best of you! Get the best summer with The Alaska Club.

NOW HIRING PERSONAL INSTRUCTOR

When you join our The Alaska Club Team as a Personal Trainer you'll have a flexible schedule and free club membership, as well as a sense of pride in what you do for others. **Contact Jessica McLaughlin (907)-364-4303, or email her at Jmclaughlin@TheAlaskaClub.com**

APP CHALLENGE | STARTS AUGUST 1 | ENDS AUGUST 31

WEDNESDAY 15 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