



Member Newsletter

IN THIS ISSUE

- August Events
- August APP Challenge
- Group Fitness Schedule
- Starfish Academy
- Family Fun Night
- Parents' Night Off

NEWS TO USE

FAMILY FUN NIGHT

Wednesday, August 15, 4-7pm.
Game Night
 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

HAPPY SEASONS!

SOUTHCENTRAL 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, or get your kids enrolled in swim lessons. 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.

PROUD SPONSORS ■■■ EVENTS



SKINNY RAVEN

ALASKA DISTANCE CLASSIC

Alaska Pacific University Campus @ Moseley Center
 Saturday, August 4, 9am (5k) | 9:45am (10k)

The Alaska Distance Classic is back! Join Skinny Raven for a 5K or sign-up for the Double-Up and knock out a 10k! Visit - SkinnyRaven.com/events

PARTNERS 5TH ANNUAL BACKYARD BBQ BASH

Partners Real Estate Eagle River
 Saturday, August 4, 12-8pm

Come enjoy a fun filled day at our 5th annual Backyard BBQ Bash with music, vendors, games and free burgers, hot dogs, and reindeer sausage cooked by our Eagle River Lions! Donate some blood while you're here with the Blood Bank of Alaska. Kid friendly attractions! Visit - Bit.ly/2uMoolK

TOUR DE CURE

Mountain View Lions Park

Sunday, August 12, 7:30am (100k) | 8:30am (50k) | 9:30am (25k) | 10am (5k)

The Tour de Cure is an event where no matter what road you take, you will be joining thousands of people from around the country who have the same passion as you to fight diabetes and its burdens. Walk, Run, Ride & Fundraise! Visit - Bit.ly/2AaVmuC

RUN FEST EXPO

Dena'ina Anchorage

Friday, August 17, 3-7pm | Saturday, August 18, 9am-4pm

Our 2018 Expo will again feature the popular Expo Passport -- offering participants an opportunity to visit all our exhibitors to qualify for fabulous door prizes. This fun and engaging program facilitates quality interactions between race participants, volunteers, and exhibitors. Visit - AnchorageRunfest.org

ALASKA STATE FAIR

Palmer Fair Grounds

Thursday, August 23 - Monday, September 3

Stop by our booth on Miners Loop, near the purple trail, and enter to win a large screen HD TV along with other prizes. There's always something for the kids too!

Visit AlaskaStateFair.org

UAA CAMPUS KICK-OFF - UAA CUDDY QUAD

UAA Cuddy Quad - West Campus

Saturday, August 25, 5pm-2am

UAA Campus Kick-Off welcomes new and returning UAA students to celebrate the beginning of another academic year. Campus Kick-Off is an excellent opportunity for students to connect with the UAA campus community. Visit Uaa.Alaska.edu



PARTNERS REAL ESTATE



THEALASKACLUB.COM

SUMMER FUN CAMP

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

**NOW THROUGH
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.

July 30 - August 30

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.

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: TRIBUTE TO ALASKA STATE FAIR

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

August 31 - 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



YOGA IN THE PARK FINAL SESSION

WEDNESDAY, AUGUST 1, @ 6PM | THANK YOU FOR ALL THAT PARTICIPATED!



RETURNING GROUP FITNESS SCHEDULE

They're back! Several classes that went on recess in June and July are returning in August.

RIDE - EAGLE RIVER

Eagle River Cycle Studio
Wednesday, August 1, 6:15-7pm
This workout offers a more technical approach to cycle, but is fueled by fun and motivating music.

AQUA BOOTCAMP - EAGLE RIVER

Eagle River Pool
Friday, August 3, 6-7pm
The resistance of the water will help you ramp up your cardio in this boot-camp-style aqua class.

HIIT IT - EAGLE RIVER

Eagle River Main Studio
Tuesday, August 7, 7:05-8pm
Full body workout using intervals of work and recovery.

INSANITY LIVE - EAST

East Main Studio
Saturday, August 4, 12:30-1:20pm
Up your game and get the most insane results ever in this cardio-based, total body conditioning program.

P90X LIVE - SOUTH

South Studio 2
Friday, August 3, 5:30-6:30pm
Based on the science of muscle confusion, the structure and variety of P90X Live ensures that you'll never plateau.

PIYO LIVE - SOUTH

South Studio 2
Friday, August 3, 6:30-7:30pm
A fusion of Pilates and yoga, this athletic total body workout uses a constant flow of moves set to upbeat and empowering music to build stability, strength and flexibility.

RHYTHM RIDE - WASILLA

Wasilla Cycle Studio
Mondays/Wednesdays, August 1, 5:30-6:30am
Come ride to the rhythm of the music in this high-energy cycle party with a rockin' playlist for motivation!

ZUMBA® VARIETY PACK - WASILLA

Wasilla Main Studio
Saturday, August 4, 11:45am-12:45pm
Get it on every week for a different style of ZUMBA®. Strong, Toning, Rhythms, or maybe a mashup of several themes.

Please check the online schedule or app for a full listing of classes.

STUDIO

STUDIO NEW IN AUGUST

CHAKRA WORKSHOP

Studio
Sunday, August 5, 3-5pm
Knowing our energy centers help us tune into the deeper relationship with our practice. Join us in an exploration and understanding energy.
Instructor Carly

STUDIO SCULPT & STRETCH

Studio
Friday, August 31, 6-7:15pm
\$18 Nonmember drop-in fee
Kick off the weekend with an extended Yoga Sculpt class, set to Old School Hip-Hop tunes!
Instructor Julie

DROP-INS \$18

FIRST CLASS FREE

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

NEW LOUNGE

A renovation is in progress and it will be complete late August, bringing to you a new lounge area! We can't wait to share this space with you. Namaste!

CHECK OUR WEBSITE FOR MONTHLY SPECIALS



GROUP FITNESS INSTRUCTOR TRAINING

WE ARE LOOKING FOR **MOTIVATED** **AND** **PASSIONATE** PEOPLE

We'll provide the tools, training and support to help you become a great instructor. No instructor experience needed.

TheAlaskaClub.com/Instructor-Registration

SWIM INSTRUCTOR NEEDED!

WE ARE LOOKING FOR INDIVIDUALS WHO ARE

ENERGETIC **AND** **TEAM ORIENTED**

Building relations with the community and instructing a variety of swimming lessons! TAC offers plenty of benefits! Apply at:

TheAlaskaClub.ApplicantPro.com/JobSearch/



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.

THE WAY *fitness* SHOULD BE

FALL SPA SPECIAL

Book an appointment for a HydraFacial by August 31st and get it for only \$45. Good Life members will receive a \$45 certificate to gift, or use on your next visit! Special offer available to all members!



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



TAKE THE FAMILY OUT TO THE GAMES! OUR TREAT!

GAMES

Anchorage Glacier Pilots, The Anchorage Bucs, Chugiak Chinooks & Mat-Su Miners 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, August 15 | 4-7pm

Games, Workouts, Crafts and more! Bring a friend:

FREE for members and guests!

APP CHALLENGE | STARTS AUGUST 1 | ENDS AUGUST 31

WEDNESDAY	1	YOGA IN THE PARK LAST SESSION: AUGUST 1
SATURDAY	4	SKINNY RAVEN: ALASKA DISTANCE CLASSIC
SUNDAY	12	TOUR DE CURE
WEDNESDAY	15	FAMILY FUN NIGHT
FRIDAY	17	RUN FEST EXPO (FORMERLY BIG WILD LIFE)
THURSDAY	23	ALASKA STATE FAIR
FRIDAY	31	PARENTS' NIGHT OFF

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