



Member Newsletter

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FAIRBANKS 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 1st, 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

PROUD SPONSORS ||| EVENTS

TANANA VALLEY FAIR

Tanana State Fair Grounds

Friday, August 3 - Saturday, August 11

Tanana Valley State Fair is the oldest fair in the state. Come visit our booth and enter to win prizes. There's always something for kids too!

For more information, visit TananaValleyFair.org



FAMILY FUN NIGHT

Fairbanks South

Every third Wednesday, July 18 | 5-8pm

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

Guests are FREE!



POP-UP ||| CLASSES

AQUA ZUMBA®

Fairbanks South

Thursday, August 2, 6:05pm

Join Adele at the South club to enjoy some sizzling moves, spectacular music and cooler weather/air to workout without realizing you are exercising. Let your friends know that they can come free!

YOUTH GAMES

Fairbanks South

Monday, August 13, 5:30pm | Wednesday, August 15, 5:30pm

Meet Conni at the basketball court for an hour of fun filled games and activities for all the kids and their friends!

MOSSA ||| GROUP POWER

MOSSA Group Power training is coming to Fairbanks@! We will be hosting this certification in the fall. If you have ever been interested in becoming a Power instructor now is the time. Learn how to motivate and encourage people of all ages to get the best strength training workout, helping members become stronger and fitter to great music. This 3 day training will have you pushing, pulling, lifting and sweating your way to become a Group Power instructor. Email Mbunten@TheAlaskaClub.com to register.



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.

STARFISH ACADEMY SWIM LESSONS
 Missed Registration? Contact Hailey, the Aquatics Director at 458-1765 to check on availability. Already registered? Check class times at the South Member Support Desk or call (907)452-6801.



THE ALASKA CLUB



SUMMER FUN CAMP

**NOW THROUGH
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!

SPACE IS LIMITED: REGISTER TODAY!

GO TO THEALASKACLUB.COM/CAMPS FOR ONLINE REGISTRATION AND DETAILS, OR CALL (907)365-7393.



A VERY SPECIAL THANKS TO MEMBER JOE ANDRE

The garden gnome extraordinaire responsible for our truly spectacular array of flowers this year. The latest addition of black velvet petunias from Ann's Greenhouse is truly breathtaking – you'll literally want to reach out and touch the soft velvety petals. Joe also does flowers at several other places around town. We're grateful to you, Joe! You've added a lot of joy to our summer! — *Sincerely, The Alaska Club*

APP CHALLENGE | STARTS AUGUST 1 | ENDS AUGUST 31

THURSDAY 2 AQUA ZUMBA

FRIDAY 3-11 TANANA VALLEY FAIR

MONDAY 13 YOUTH GAMES @ FAIRBANKS SOUTH BASKETBALL COURT

WEDNESDAY 15 FAMILY FUN NIGHT

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



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