



BREAST CANCER AWARENESS MONTH

Member Newsletter

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Breast Cancer Awareness Month
Celebrating 10 years of Group Power
App challenge
Youth Activities
Family Fun Night
Starfish Academy
Parents' Night Off

NEWS TO USE

FAMILY FUN NIGHT

Wednesday, October 17, 4-7pm.
South, East, Eagle River and Wasilla.

GET FIT FOR THE HOLIDAYS CHALLENGE

TheAlaskaClub.com/get-fit-challenge

The 60 day Get Fit Challenge is a program that provides the daily support, resources and motivation for anyone looking to jumpstart their goals and live a healthier life. Just getting started makes you a winner! You'll be measured and weighed weekly to keep track of your weight loss, body fat loss and muscle gain. Finalists will be selected in the last week of the challenge and the winner will be announced at the Celebration Party. This is a network wide challenge, so each community of Anchorage, Eagle River, Wasilla, Fairbanks and Juneau will have its own kickoff and celebration party. Get started today!

ENROLLMENT OPEN NOW - OCTOBER 29

CHALLENGE REQUIREMENTS

- Member must enroll by October 29
- Member must participate in the Kick-Off Party, October 29
- Member must participate in the Finale Celebration, December 28

PRICES

- FREE to enter for current Team Training & Personal Training members!
- New clients can join this challenge for \$99 and will receive three 30min. PT sessions, tickets to kickoff + celebration party, and unlimited Team Training.

CHALLENGE CRITERIA

Before & after stats will be measured at the challenge kick-off and finale:
· Total weight, body fat & inches lost & muscle gained (total lbs.)

PRIZES

Top Challenge winners:

- 1st Place - 2 round trip tickets to Hawaii & a \$500 gift card
- 2nd Place - Free Personal Training 2 times a week for 3 months
- 3rd Place - Free Personal Training 1 time a week for 3 months

HAPPY HALLOWEEN

SOUTHCENTRAL OCTOBER 2018

October is Breast Cancer Awareness Month and we're excited to host a number of activities that get us closer to a cure. Join the "Power of Pink" app challenge, the Breast Cancer Awareness and Spa Party, or the Party in Pink Zumbathon. Experience a new workout with a friend like one of our many Team Training sessions, Hot Yoga or Group Power. Join the "Get Fit for the Holiday's Challenge," and bring a friend — it's more fun together! Learn about all of these activities and programs at TheAlaskaClub.com.

PROUD SPONSORS ■■■ EVENTS

ASAA/FIRST NATIONAL BANK TENNIS STATE CHAMPIONSHIPS

The Alaska Club East
Friday, October 5 - Saturday, October 6
Visit - <http://asaa.org/activities/tennis/>

FIRE MEETS ICE: ZUMBA DANCE PARTY

The Center in Anchorage
Saturday, October 13, 5:30-9:30pm
For the first time, Alaska Zumba Events, in partnership with The Alaska Club, is bringing world-renowned Zumba Education Specialist and International Presenter Loretta Bates for a fun, high-energy, and exhilarating Zumba Masterclass followed by a 2 hour Glow Dance Party! Tickets on sale now. Visit - AlaskaZumbaEvents.com/events

POWER OF PINK SPA PARTY

The Alaska Club South
Saturday, October 20, 10am-2pm
The Alaska Club South on Saturday, October 20 starting at 10am for Mobile Digital Mammography screenings. To pre-register, call 212-6266 or sign-up at Enter to win a free HydraFacial or massage: giveaways & refreshments provided. TheAlaskaClub.com/Mobile-Mammograph.

JAMS FOR FAMS KIDS HALLOWEEN PARTY

Bear Tooth Theatre
Sunday, October 21, 10am-12pm or Sunday, October 21, 1-3pm
The coolest dance party for parents and their kids, Jams for Fams hosts all-ages events recommended for kids 10 and under. DJ Spencer Lee and DJ GRE will mix everything from current hits to party classics from the 70s - 2000s to keep the dance floor popping. Find us on Facebook for more information.

PARTY IN PINK ZUMBATHON

The Alaska Club South Gym
Friday, October 26, 5:30-7pm
Join us at The Alaska Club's South Gym for a wild and fun time. Raise funds for breast cancer awareness while you dance!

SKINNY RAVEN FRIGHTENING 4K

Starts @ 4th Avenue side of Hotel Captain Cook
Saturday, October 27, 11am-12pm
There will be a team and individual costume contest with great prizes after the run. After you run, hit businesses downtown with the kids for Trick or Treat Street starting at 12pm. This year the race will be limited to 1100 participants so make sure to sign up early!
Visit - SkinnyRaven.com/event/frightening-4k/



MOBILE DIGITAL
MAMMOGRAPHY



ZUMBAthon

SKINNY RAVEN
FRIGHTENING 4K



THEALASKACLUB.COM



THE ALASKA CLUB

KIDS IN-SERVICE DAY CAMPS

OCT. 19 & 26, 9am-4pm | NOV. 12, 9am-4pm | DEC. 21, 9am-4pm | South, East, Eagle River

For more information on all In-service Day Camps & Winter Camps, call 365-7393

or visit TheAlaskaClub.com/Camps | DCA ACCEPTED | MEMBERS & NONMEMBERS

STARFISH ACADEMY SWIM LESSONS

The Alaska Club East, South, Eagle River & Wasilla

October 1 - October 28

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: SPOOKTACULAR

The Alaska Club East, South, Eagle River & Wasilla

October 26 · 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



YOUTH DANCE @ SOUTH

The Alaska Club South, Upstairs Studio | Starts October 2

Tuesdays · 4:15-5pm | Thursdays · 4:30-5:15pm

AGES 3-6

AGES 6-12

Monthly Series: 1 session/week
Members \$50/mo. | Nonmembers \$65/mo.

Register at TheAlaskaClub.com,
call 365-7393, or stop by any Member Support Desk.

YOUTH TAEKWONDO @ EAST

The Alaska Club East, Group Fitness Studio

Mondays · 4:15-5pm | Wednesdays · 4:30-5:15pm

AGES 4-6

AGES 7-12

Monthly Series: 1 session/week
Members \$50/mo. | Nonmembers \$65/mo.

Register at TheAlaskaClub.com,
call 365-7393, or stop by any Member Support Desk.



THEALASKACLUB.COM

CELEBRATING 10 YEARS OF GROUP POWER

OCTOBER ■ POP-UP CLASSES

FREE for fitness members! No registration required: just pop in!

TheAlaskaClub.com/PopUp-Classes

for Pop-up dates, times, and locations.

GROUP POWER INTROS

East, South, West, Wasilla

GENERATION POUND

East (Ages 6-12)

POUND (HALLOWEEN THEMED)

West

BLINDFOLD YOGA

East

PARTY IN PINK

South

OCTOBER ■ GROUP FITNESS

*Your workout called
and said it's a little bored.*

Just in time! We've added some new formats to our fall schedule that will help you wake up your workout.

GROUP CORE

East, South, West, Eagle River, Wasilla

Train like an athlete in 30 action-packed minutes that will challenge your core like never before.

CARDIO BLAST

East, Eagle River

Get your sweat on in this 30 minute, all cardio session, featuring a variety of all your favorite cardio formats.

PILATES BARRE FUSION

South

Get a total body workout in this creative fusion of mat Pilates and barre exercises.

OCTOBER LAUNCH DATES NEW MUSIC! NEW MOVES!

STARTING MONDAY, OCTOBER 15



STARTING MONDAY, OCTOBER 22



STUDIO HOT YOGA BOUTIQUE

Make sure your spot in class is reserved.

Call 365-7393 to schedule.

TEACHER TRAINING MEET & GREET

Studio

Tues, Oct. 2, 10:45-11:30am

Sun, Oct. 7, 12:15-1:30pm

Learn more about our Yoga Teacher Training and how it can deepen your practice and prepare you to create yoga experiences for others.

There is no cost for the meet and greets.

FIRST FRIDAY FUN

HEART AND SOUL YOGA

Studio

Friday, Oct. 5, 6pm

Fall back into your practice this autumn with a heart opening class designed to stretch out tired muscles, relieve tension in the upper body and leave you with a full heart. Instructor: Chelsea

WARM FLOW INTRO SUNDAY PRETEENS & YOUNG TEENS

Studio

Sundays, Oct. 14 - Nov. 18, 1-2pm

Series Fee: \$75 for youth and parent(s)

Yoga practice appropriate for preteen and young teens along with their parent(s) to learn the fundamentals of a warm flow practice.

6 sessions. Instructor: Tarah

BUTI, BRACELETS & BUBBLES

Studio

Friday, Oct. 19, 6-7:30pm

Entry Fee: \$15

Buti Yoga transforms your BODY + SOUL with cardio-intensive bursts of tribal dance, primal movement + conditioning woven. This event includes a chakra bracelet and sparkling fruit water reception after the class. Instructor: Carly

STUDIO HOT YOGA

Classes are free for Gold & Platinum Members.

If you haven't tried it yet, we encourage you to do so, as it's Anchorage Premier Hot Yoga experience. Call 365-7393 to schedule.

GROUP POWER YEARS 10

10 years ago, The Alaska Club launched a strength training program called **Group Power**. Our goal was to provide a systematic approach to strength training, consistent among clubs and instructors. The Group Power program was developed to move in a functional manner to the beat of the music. The routines were progressive, full-body workouts that were energetic and fun! Since the launch in 2008, Group Power continues to be one of our most popular group fitness classes at the club. Over the years, we've created an amazing community of power people that encourage each other to this day! We've built a team of exceptional instructors, knowledgeable in all facets of functional fitness training. Group Power is much more than a workout - it's an experience, it's a progressive training protocol and its life changing. We hope you'll join us this month as we celebrate this amazing workout! Whether you're a longtime "GROUPY" or a NEWBIE, POWER IS FOR EVERYONE!

LET'S
10 YEARS
GROUP
POWER
MOVE

TEAM TRAINING

FALL/WINTER SCHEDULE

IS NOW LIVE

THE WAY
fitness SHOULD BE

TheAlaskaClub.com/Team-Training



OCTOBER: POWER OF PINK
Power of Pink App Challenge. Log 15 workouts by October 31 and you be entered to win \$150 REI gift card.



GOOD LIFE SPA SPECIAL
Members & Nonmembers can enjoy a \$45 HydraFacial (\$150 value) during the month of October by scheduling a HydraFacial by October 31st. Call 356-7393 to book your appointment today. Ask your esthetician for details about this special. Available at East, Eagle River and The Summit.



FIRE MEETS ICE: ZUMBA DANCE PARTY!



OCTOBER 13 @ 5:30-9:30PM
THE CENTER IN ANCHORAGE

For the first time, Alaska Zumba Events, in partnership with The Alaska Club, is bringing world-renowned Zumba Education Specialist and International Presenter Loretta Bates for a fun, high-energy, and exhilarating Zumba Masterclass followed by a 2-hour Glow Dance Party! Zumba Cruise, Zumb wear, and B1 Training Certificates give aways · Tickets on sale now at AlaskaZumbaEvents.com/events



FAMILY FUN NIGHT

South, East, Eagle River, Wasilla
Every Third Wednesday, October 17 | 4-7pm
Games, Workouts, Crafts and more! Bring a friend: FREE for members and guests!

APP CHALLENGE | STARTS OCTOBER 1 | ENDS OCTOBER 31

WEDNESDAY	17	FAMILY FUN NIGHT
FRIDAY	26	PARENTS' NIGHT OFF
FRIDAY	26	PARTY IN PINK ZUMBATHON
WEDNESDAY	31	HAPPY HALLOWEEN

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 / JEWEL LAKE · 3841 W. DIMOND BOULEVARD / 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