



BREAST CANCER AWARENESS MONTH

Member Newsletter

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Breast Cancer Awareness Month
Celebrating 10 years of Group Power
App challenge
Starfish Academy
Family Fun Night

NEWS TO USE

FAMILY FUN NIGHT

Wednesday, October 17, 5-8pm.
Fairbanks South

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

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

FAIRBANKS 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, or wear pink to your favorite group fitness class. Experience a new workout with a friend or try a new class, like Group Core or Centergy, 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

GO WINTER EXPO

Carlson Center

Saturday, October 6 - 7, 9am-6pm

"Go Winter Expo" is a 2 day event being held from October 6th-7th at the Carlson Center in Fairbanks. This event showcases product from Ayurvedic & Herbal, Business Services, Education & Training, Logistics & Transportation, Medical & Pharmaceutical, Real Estate, Research & Development, Scientific Instruments industries. Visit - 10times.com/go-winter-expo

GROUP POWER YEARS 10

LET'S MOVE 10 YEARS GROUP POWER

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!

APP CHALLENGE



POWER OF PINK

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.



SPA SPECIAL

Sign up today for **2 Months Free of Membership Plus**. Membership Plus benefits include: free unlimited UV tanning, discounted massages, free unlimited Hydromassage, free child care treatments, free unlimited DVD & blu-ray rentals and more!

Call 264-2738 to add to your account today or contact the Amenities Manager at amenities@TheAlaskaClub.com. No commitment required. Note: Members that currently have Membership Plus, have had either within the last year, or have previously been on a trial, are not eligible for this promotion.



S	M	T	W	T	F	S
30	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	2	3



STARFISH ACADEMY SWIM LESSONS

Missed registration? Contact the Aquatics Director @ 458-1745 to check on availability. Already registered? Check the class times at the South Membership Support Desk or call 452-6801.



BIRTHDAY PARTIES

QUICK. EASY. AFFORDABLE
WE DO MOST OF THE WORK
BOOK WITH THE ALASKA CLUB @ 365-7393



FAMILY FUN NIGHT

Fairbanks South
Every Third Wednesday,
October 17 | 5-8pm
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
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 EAST TUDOR 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