



# BREAST CANCER AWARENESS MONTH

## Member Newsletter

### IN THIS ISSUE

NEW 24 HOURS COMING SOON!

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

### NEWS TO USE

#### FAMILY FUN NIGHT

Wednesday, October 17, 4-7pm.  
Juneau Valley

## GET FIT FOR THE HOLIDAYS CHALLENGE

[TheAlaskaClub.com/get-fit-challenge](http://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

### JUNEAU 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](http://TheAlaskaClub.com).

### PROGRAMMING EVENTS

#### FAMILY FUN NIGHT

Juneau Valley

Every Third Wednesday, October 17 | 4-7pm

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

FREE for members and guests!



### OCTOBER JUNEAU POPUPS

**October 13 & 20:** 10:45am Intro to Yoga @ Downtown

**October 18:** 1:15pm Zumba Gold @ Downtown

**October 26:** 5:15pm Neon Dance Party @ Valley

**October 27:** 12:15pm Zumba Strong in Pink @ Valley

### 24-HOUR ACCESS COMING SOON

Juneau Valley

Members may experience some extra noise and detours around areas of construction while the work is in progress. Please read and follow instructions on signage posted in these areas for your safety! Ask the front desk for details and stay tuned to The Alaska Club news and information for up-to-date information.

# 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.



THE ALASKA CLUB

# TEAM TRAINING

JUNEAU VALLEY 2018-19

## TEAM TRAINING FALL/WINTER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20am		Advanced Afterburn		Afterburn	Foundations	
8:00am						Advanced Afterburn
9:00am						Afterburn
10:00am	Stability		Foundations	Afterburn		
6:00pm	Foundations	Advanced Afterburn	Afterburn	Advanced Afterburn		

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



# 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!

**MOSSA LAUNCH DATES! NEW MUSIC! NEW MOVES!**

## SUPER WEEKEND DONATION'S TO CANCER CONNECTION

GROUP <b>BLAST</b>	OCT 18, 5pm, Downtown
GROUP <b>ACTIVE</b>	OCT 19, 9am, Valley
GROUP <b>CORE</b>	OCT 19, 12pm, Valley
GROUP <b>POWER</b>	OCT 20, 9am, VL/9:30am, DT
GROUP <b>fight</b>	OCT 20, 10:10am, Valley
GROUP <b>CENTERGY</b>	OCT 20, 11:15am, Valley
GROUP <b>RIDE</b>	OCT 21, 8:45am, Valley

### APP CHALLENGE | STARTS OCTOBER 1 | ENDS OCTOBER 31

- WEDNESDAY 17 FAMILY FUN NIGHT
- TUESDAY 18-21 NEW MOSSA LAUNCH
- 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