



Member Newsletter

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NEWS TO USE

EARN MORE POINTS

BY REFERRING A FRIEND

GET THE ALASKA CLUB APP & EARN BIG POINTS!

Join the rewards programming this month, and send your friend a 3-day pass. If they join, you'll receive 750 Reward Points!

Available from the iTunes Store & Google Play Store:

- Rewards Program
- Track Workouts
- Set Goals
- Join Challenges
- Schedule classes
- Club Check-in
- Real-time Notifications

HOLIDAY SCHEDULE

Wednesday Nov. 21: The Day Before The Feast

- Classes end @ 2:30pm

Thursday Nov. 22: Thanksgiving Day

- No Club Classes
- Studio Hot Flow @ 11-12:15pm

Friday Nov. 23: Black Friday

- Amended Schedule
- Check TheAlaskaClub.com or TAC APP for Black Friday schedule changes

HAPPY THANKSGIVING

SOUTHCENTRAL NOVEMBER 2018

The Alaska Club gives thanks to our members and communities for whom we've provided health and wellness options for the past 32 years! This commitment extends past the threshold of our clubs and into the neighborhoods we serve through community events, sponsorships and donations. Join us to help fight hunger in Anchorage, Eagle River and the Valley, by participating in our annual food drive. Give a little and make a big difference in someone's life! We wish you all a safe and Happy Thanksgiving.

PROUD SPONSORS ■■■ EVENTS

FOOD BANK OF ALASKA - 2018 FOOD DRIVE

The Alaska Club — East, West, South, Eagle River, Wasilla & Studio
Thursday, November 1 - 22

Join us to help fight hunger by donating nonperishable food items at these club locations. Together we can make a difference!

HOLIDAY FOOD AND GIFT FESTIVAL

Anchorage Dena'ina Center

Saturday, November 3, 10am-6pm | Sunday, November 4, 11am-5pm

Fun filled event for the entire family, stop by our booth for giveaways!

MAT-SU HOLIDAY MARKETPLACE

Wasilla, Menard Sports Center

Saturday, November 3, 10am-5pm | Sunday, November 4, 11am-5pm

A great way to shop for the holidays.

SKINNY RAVEN TURKEY TROT

Anchorage Dena'ina Center

Thursday, November 22

5K starts @ 10:30am & 3K starts @ 10:40am

For registration, visit - SkinnyRaven.com/events

MERRY MERCHANT MUNCH

Join us for the Eagle River Tree Lighting Ceremony Saturday, December 1

@ 5:30-8pm. Bring the whole family for hot chocolate and holiday cheer.

Stop by The Alaska Club Eagle River for some warm treats!



THEALASKACLUB.COM

KIDS IN-SERVICE DAY CAMPS

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

SPECIAL IN-SERVICE OPEN SWIM SESSIONS: NOV. 12 & NOV. 23, 1-3PM | 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
Registration opens November 7 | November 26 - December 23.

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!



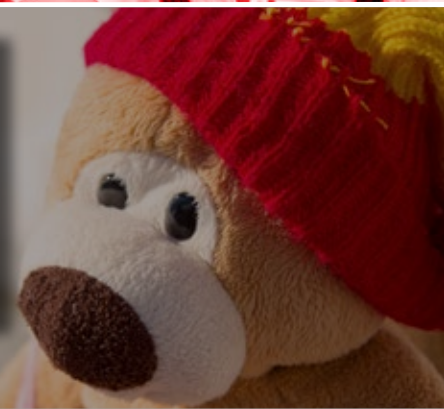
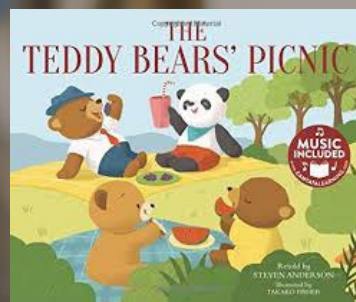
PARENTS' NIGHT OFF: TEDDY BEAR'S PICNIC

The Alaska Club East, South, Eagle River & Wasilla
November 30 - 6-9pm | AGES 3+ (must be potty trained to attend)

- Preparing picnic style sandwiches
- storytelling & sing-along to Teddy Bear's Picnic
- Games & Crafts

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
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.



NOVEMBER **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 CORE

South
Tuesday, Nov. 6 & 20, 4-4:30pm
Instructor: Stacey

GENERATION POUND

East
Wednesday, Nov. 14
5:30-6:15pm
Instructor: Kim

CALORIE CRUSH CARDIO INTERVALS

Club For Women @ Treadmills
Tuesdays, Nov. 13 & 20, 11-11:30am
Instructor: Andrea
Saturday, Nov. 17, 10-10:30am
Instructor: Stacey

CALORIE CRUSH CYCLE

Eagle River
Friday, Nov. 23, 2-4pm
Instructors: Shelene & Nichole

CALORIE CRUSH ZUMBA & ZUMBA STRONG

Wasilla
Friday, Nov. 23, 4-5:15pm
Instructors: Bronwen & Nikki

EXCLUSIVE OFFER FOR THE ALASKA CLUB SILVER MEMBERS ONLY

TRY SOMETHING NEW AT ANY GOLD CLUB

FREE GUEST PASS Bring this pass into any staffed The Alaska Club location to redeem.

MEMBER NAME: _____
PHONE: _____

This pass is for Fitness Membership privileges at all The Alaska Club locations. Must be 18 years old to redeem this pass. All guests must have a valid ID to use the facilities. Amenities available at additional cost. Not redeemable for cash or current membership dues. Pass expires November 30, 2016.

STUDIO HOT YOGA BOUTIQUE

Make sure your spot in class is reserved. Call 365-7393 to schedule.

FIRST FRIDAY FUN BALANCING ACT

Studio
Friday, Nov. 2, 6-7:15pm
Life is a balancing act and we know if we train balance - physical and mental - we are stronger and more happy. Instructor: Lidija

GOING ASANAS WORKSHOP

Studio
Friday, Nov. 9, 6-7:15pm
Workshop Fee: \$20
With this playful practice we'll explore less known yoga poses as well as some new ones. Switching ones yoga practice is not just a great physical challenge but also a mental one. Trying new things is incredibly empowering on and off the mat. We are inquisitive creatures by nature and trying as well as inventing things is a gift of our mind. Instructor: Lidija

THANKSGIVING HOLIDAY CLASS

HOT FLOW YOGA
Studio
Thursday Nov. 22, 11am-12:15pm
Take a moment during this busy time to find your inner peace in this special Thanksgiving Day Hot Flow class!

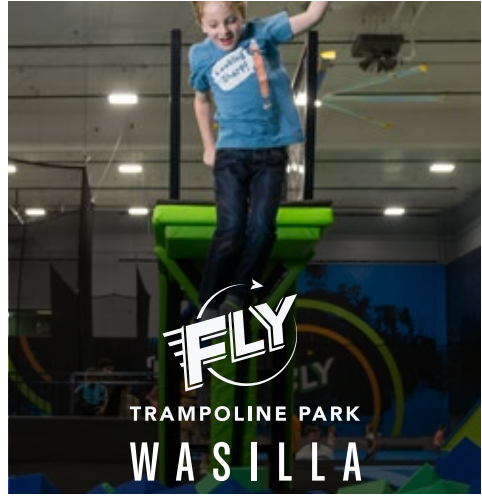
STUDIO HOT YOGA

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.



YOUTH ACTIVITIES

- FREE for members!
- KARDIO KIDS @ EAGLE RIVER**
Mondays/Wednesdays, 9:30pm
 - KARDIO KIDS/FIT KIDS @ SOUTH**
Mondays/Wednesdays, 11am
 - YOUTH YOGA @ SOUTH**
Wednesdays, 6pm
 - KARATE @ SOUTH**
Mondays/Wednesdays, 5-5:45pm
Friday's, 6:05-7pm
Ages 8+
 - KARATE KIDS @ SOUTH**
Mondays, 6pm
Ages 6-7
 - ZUMBA KIDS @ WASILLA**
Mondays, 4:15pm
 - JR. JAM @ WASILLA**
Tuesdays, 4:45pm



MEMBERSHIP HAS BENEFITS!

Fly Trampoline Park Wasilla is the ultimate in family fun, offering virtual reality games, wall-to-wall trampolines, dodgeball, a ninja obstacle course, foam zones, laser mazes, an arcade, cafe, birthday party packages and more! **Fly Trampoline Park now offers to all of The Alaska Club members an Unlimited Access Pass for \$39 a month for the first user, and \$20 per month for each additional user. Sign up in November and your first month is free.** To sign-up, contact Member Accounting at 907-330-0102 or visit TheAlaskaClub.Com/Fly-Trampoline-Park-add-com. For information on Fly Trampoline Park, visit their website or Facebook page.

APP CHALLENGE



GIVING THANKS

We're thankful for many things in life and being healthy and physically active are some to celebrate. Join us in sharing the importance of fitness and overall health.

Log 4 workouts per week for a total of 16 by November 30th and The Alaska Club will donate \$150 to the challenge winners charity of choice.

DID YOU KNOW?

Locker rentals are available at East, South, Wasilla and The Summit! Rates are \$8 monthly (\$15 at The Summit). Visit TheAlaskaClub.com/locker-rental to find out more and get started. Special offer available for new locker rentals at East, South and The Summit!

MEMBER REFERRAL: WIN 1 YEAR OF MEMBERSHIP



REFER A FRIEND &

WHEN THEY JOIN YOU RECEIVE:

- \$50 CREDIT TOWARDS YOUR MEMBERSHIP DUES
- 750 REWARD POINTS
- 50 REWARD POINTS FOR EVERY FRIEND THAT USES A PASS
- A WORKOUT BUDDY
- A CHANCE TO WIN THE GOLDEN TICKET

THEY RECEIVE:

- 3-DAY ALL ACCESS FITNESS PASS
- EXCLUSIVE, LIMITED TIME ENROLLMENT SPECIAL

Passes enclosed ✂



THE ALASKA CLUB

FREE GUEST PASS

SHARE THE ALASKA CLUB EXPERIENCE WITH YOUR FRIENDS

NOVEMBER 1 - NOVEMBER 30

FREE GUEST PASS

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TEAM TRAINING FALL/WINTER SCHEDULE IS NOW LIVE

THE WAY fitness SHOULD BE

TheAlaskaClub.com/Team-Training

S	M	T	W	T	F	S
28	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	1

GOLDEN TICKET GUEST PASS

November 1 - November 30

Clip this pass and give it to a friend, or go to

TheAlaskaClub.com/Referral and send them a pass, and you'll be entered to win an entire year of membership and other prizes!

APP CHALLENGE | STARTS NOVEMBER 1 | ENDS NOVEMBER 30

THURSDAY	8	YOGA FOR SNOWBOARDERS @ STUDIO
MONDAY	12	SCHOOL IN-SERVICE DAY – OPEN SWIM 1-3PM
THURSDAY	15	YOGA FOR SKIERS @ STUDIO
THURSDAY	22	HAPPY THANKSGIVING: NO CLUB CLASSES
FRIDAY	30	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 / 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



THEALASKACLUB.COM

